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Vol. XXXIII.
No. 3.
MARCH,
1906

Myra's Journal

3D.

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Early Spring Number.

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FASHION NOTES FOR THE MONTH

THIS is to be a lawn year. Of course, linens will also be worn, but the frock for the late spring and summer will be of fine lawn, decorated with exquisite embroidery. We have grown a little tired of the coarser *broderie Anglaise* exploited for the last two years on our linen dresses and blouses, but we welcome with effusion the finer sorts worked on the creamy and coloured lawns which will form our dresses. Nor is pierced work only used; it is further beautified by French knots and satin-stitch sprays of fairy-like delicacy, and with cross lines of the finest Teneriffe drawn-thread work.

The *couturiers* of the rue de la Paix are turning out these gowns for the Riviera season exquisitely embroidered to any shape of skirt, bodice, &c., which may be selected and cut out. But, of course, such dresses run into long figures. More economical people will content themselves with the edgings and insertions, the worked collars and cuffs, &c., which all our good-class drapers have stocked. The favourite shade for the lawn dresses will be that creamy, tussore hue which seems to be the "natural" shade of dress lawn. It is easy enough to get the lawn edging and insertion to match. Collars are to be had of all shapes and sizes, from the band and lappets to the big circular collar, which, by the by, makes an excellent yoke for a lawn blouse. Embroidered lawn robes are also stocked by the good drapers, with embroidered circular skirt, sufficient insertion and edging and embroidered lawn for the blouse.

Some of the blouses are made up entirely of embroidered lawn, with richer work on the yoke, collar, and cuffs. In the highest-class work blouse fronts, fichus, &c., can be bought ready to mount on the plain material.

The finest lawn embroideries are of Greek origin. These are noticeable from the effective mixture of ladder-like drawn work and filagree sprays, both of the finest workmanship. They are naturally very expensive, as dear as real lace. The lawn embroideries, on the finest Greek linens, figure prominently on dressing and tea jackets in the smart trousseaux of the early season.

A marked feature of the spring styles is the recrudescence of the Empire craze. All the smartest weddings just now are "Empire"—bride and bridesmaids all being in Empire gowns. The Empire style lends itself admirably to transparent trains, so that not a few Court dresses for the May Courts will be in this style.

Oddly enough, the highly fashionable combination of corselet skirt and small bolero are classified by dressmakers under the heading "Empire." Intrinsically, they are nothing of the sort, as the corselet skirt, to look well, must have a well-defined waist in the proper place; but an Empire effect is undoubtedly obtained by the very short bolero, which ends far above the waist.

The waist-line of the newest Empire coats and gowns is decidedly lower than previous models allowed us. Now it is only some two inches above the real place, instead of being a mere yoke ending at the bust.

The corselet skirt, with bolero to match, is the favourite style for smarter tailor gowns. Some charming little Empire sacque and other coats have also appeared for spring wraps. One variety, which will have much success, has a deep curved yoke rising into a point back and front. Into this is fitted the short sacque, which is really nothing more or less than a shaped flounce, reaching a trifle below the waist. Very handsome materials are employed for them. Pure white cloth is effective, worked up with gold or silver braid at collar and cuffs.

A contrast to these tailor visiting and promenade gowns (morning and work-a-day "tailor-mades" are less fanciful) are the light and fleecy "creations" which are emphatically dressmakers' gowns—no tailor could make them. The most diaphanous fabrics are required for them, two prime favourites being ninon de soie and double-width crêpe de Chine.

Skirts for these light gowns are full, and a favourite trimming is a series of graduated tucks from the hem to the knee or a little above. Some people prefer a series of flounces in light net lace or of the material. It is a good plan to have the material flounces on the skirt and the close lace frills on the bodice—a sort of blouse quite covered with lace frills as to front, back, and sleeve top, the skirt material forming an ornamental fichu tucked into a deep belt of satin to match.

A great deal of wool-backed soft satin is being employed for evening gowns. The great beauty of this satin—it looks like an ordinary Oriental satin—is its lovely cashmere-like back, which is, in its way, as pretty as the sheeny surface, and enables one, for tea-gowns, to have unlined wing sleeves. In ordinary satins their great disadvantage, as compared to silks, is that one requires lining (if back was to show) and the other does not. In the cashmere-back satin this disadvantage is removed. It is wide double-width also, and does not get creased and frowsy as so many satins do. Nor is it so difficult to work with, as the needle does not draw the threads so cruelly as in the case of ordinary satins. Cashmere-back satin is not at all dear, and is to be had in black, white, and the loveliest dark or pale shades. I have before me a piece of a very pale Nile-green specimen, the sheeny face suffused with a lovely silvery light.

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The Reconciliation.

HE had come to say farewell. He felt he could not leave without bidding her a last adieu, which must be—for ever.

Some two years ago he had become engaged to the beautiful, stately Irene Engleheart, and immediately afterwards he had been compelled to go abroad to fight his country's battles.

The time had seemed long to him while away from the woman he loved, but peace being now declared, he had returned with honours thick upon him, and the V.C. upon his breast.

But he experienced no joy in the fact, for happiness had deserted him, as his love—the girl to whom he had given his heart, and who had never left his thoughts through all those weary months—had proved false, and was about to marry Sir Reginald Stanton, a man much older than himself, but—richer.

His heart was bitter, for his idol had fallen, and his faith in womanhood was lost.

Captain Hugh Cunningham had loved as few women are happy enough to be loved. He had flung his pride and his heart together at the feet of this beautiful and graceful woman whom he wished to call his wife, and now she had discarded his warm, loyal heart, and had thrown him over for what?—a wealthier suitor.

He groaned in agony as he paced the blue drawing-room awaiting her arrival.

That she could be so base, that she could allow the sordid question of money to interfere with her heart's affections was incomprehensible to him. And yet he loved her still, and in his very soul hungered and thirsted for her love in return.

He was a tall, handsome man, with a magnificent head and brow, fair complexion, and serious, resolute blue eyes; and yet, as he stood there with his heart torn by a thousand conflicting emotions of passion and pain, he seemed—by his power of self-control—to be a stern, reserved, and silent man only.

Sir Reginald Stanton had played his cards well. When Hugh Cunningham's engagement had been announced he had looked upon his passion for Irene as hopeless. But as report after report came from Cape Town as to the wild behaviour of his successful rival there, and of his outrageous flirtation with the notorious Mrs. Eastmead, he—believing in the old adage that "all's fair in love and war"—carried the information to Irene, and adduced such proof that she could not but believe.

She was nearly broken-hearted at first. Then her pride came to her rescue, and she determined to stamp her false and fickle lover from her heart. She showed to the jesting, cynical world such a haughty and impressionless countenance that checked their ill-timed mirth instantly. But she felt the blow very keenly, and when Sir Reginald ardently renewed his suit, and her family brought pressure to bear upon her in his favour, she—still incensed against her lover's inconstancy, and smarting under her humiliation—consented.

THE RECONCILIATION.

Almost immediately she repented, and would have withdrawn her consent, for her being revolted at the thought of marrying a man out of pique; but, delighted at his success, Sir Reginald would not hear of it. He had hastened on the date of their marriage as much as possible, and now in a few days she would be his wife, and all her dreams of future happiness be at an end.

Her mind was busily engaged with these sad thoughts, and dwelling upon what might have been, when the servant rapped at her door and handed a card, saying that the gentleman was below waiting to see her.

A wave of colour swept over her face as she saw the name, then died away leaving her pale as death.

"Hugh! To see *me!*" she gasped. "How dare he?"

She hesitated for a minute or so in indecision; then, with a proud, sad smile, she allowed the promptings of her heart to have sway, and slowly descended the stairs.

He was impatiently striding up and down the room, when there was a rustle of sweeping silk in the hall, a few words spoken outside in a low, sweet voice, whose well-remembered tones made his blood leap wildly through his veins; the door opened, and the woman he loved entered.

The door was closed, and they were alone. His eyes were fixed upon hers with a wild, imploring glance, which she did not see. Pale and agitated, she stood in silence, one white and slender hand resting, as if for support, on the back of a velvet chair, the other playing nervously with a chain which encircled her neck.

His heart gave a jump as he recognised it. It was his parting gift to her before he left England, and attached was a miniature of himself. He could not see if that was still there, as the lower part of it was concealed in her bosom.

Why was she wearing it? Was it to make sport of him?

At the thought his passion seemed to die away, and when he spoke his tones were cold and measured.

"I'm leaving England to-morrow. It may be never to return. I felt I could not go without saying—good-bye."

She looked up in surprise as his stern, even voice fell upon her ears. She turned pale as she met his eyes, and then the colour rushed back to her face in an overwhelming tide of crimson. She took the chair he brought her without a word, and leaned her head upon her hand for a few moments.

She raised her head at length.

"Was it worth while to call?" she replied,

"I never miss a chance of recommending 'Myra's Journal,' as I think it a treasure.'—Mrs. M., Carmarthen.

in tones as calm and quiet as his own. "I do not see the necessity of re-opening a subject which must be to us as a sealed book."

He looked into her eyes steadily, and she lowered her head a little impatiently.

"Yes," replied he, bitterly. "The past is dead *to you*. You are a woman, who make playthings of men's hearts, win them when you wish, and cast them aside as of no value when it suits your pleasure or—convenience."

She rose to her feet indignantly.

"And is it you who dare to upbraid me with fickleness? You, who have made my love a jest and byword for men to laugh and women to sneer at? 'Tis manly of you to come and taunt the woman you have so easily forgotten and so deeply injured."

His eyes blazed.

"I injure you? Good God, Irene, are you mad? Your love and honour are dearer to me than life. Your image has been before me through all the weary days and dark nights since we parted. Through all the dangers and perils I have endured, my constant prayer has been that I might return safely for *your sake*." His voice faltered slightly, and he continued, sadly, "And I return to find that your pledges are broken, your vows forgotten, and you are engaged to marry another."

She shrunk a little in amazement.

Was the man a hypocrite? Was he under the impression that she was unaware of his conduct? He spoke as she expected her Hugh—the man she had given her heart to—would have done, not as the heartless libertine he had turned out to be.

She looked at him searchingly, and his eyes met hers honestly, frankly, just as they used to do.

For a moment the feeling that she might have been deceived crept over her, but the remembrance of those galling reports came back to her, and she answered proudly:

"You act the martyr well, sir. Do you think that your disgraceful behaviour in Cape Town is unknown to me? I know all. Sir Reginald"—the name slipped out unwittingly in her excitement—"has kept me fully aware of your despicable conduct with that—that——" she stammered, as her tongue refused to utter the name of the woman who had ruined her life's happiness.

Her breast heaved convulsively once or twice. She put her white hand suddenly up to her throat, as if something had stopped her breath. Her hand met the golden chain.

The next instant it was torn from her neck, revealing a beautifully executed miniature set closely in a border of forget-me-nots, formed with rare skill from clusters of gems. His quick eye fell upon the portrait—his own face.

"Take them!" she cried wildly. "Take them from my sight for ever! You can give them to—that Eastwood woman! Oh, I wish I could only tear every thought of you as easily from my heart!"

And as she spoke something brighter than the diamonds—of infinitely greater value than the gems—flashed also in the sunlight, and fell upon her cheek. It was a tear.

Hugh was a man of quick discernment. Like lightning flashed across his mind the stories he had heard, when passing through Cape Town, of this unscrupulous woman, and the enigma was solved. He stooped for the treasures at his feet.

"Irene," he said, tenderly, and a smile of infinite love lit up his features. "Irene," and he advanced and took possession of her hand despite her protest. "Whatever reports have been told you, coupling me with that or any other woman, are false. By the love I once bore and still feel for you, I swear it."

His deep, impassioned voice rang true, and she lifted her eyes to his with a newly-awakened hope beaming in them, and she ceased her resistance to his warm clasp.

"Hugh," she whispered, eagerly, and her eyes seemed to burn like fire, searching his countenance as if they would read his very soul. "You are not deceiving me? I was assured of this by one who is incapable of telling a lie."

"Dearest," he said, earnestly, "it is the truth. And the man who told you may also have been convinced that what he said was true. You have not met my cousin. He was out in Cape Town in connection with the transport service, and—well, he is young and reckless, and seems to have had more time on his hands than was good for him."

She inclined towards him.

"What is his name, Hugh? What is his name?" she cried, excitedly.

"The same as my own—Hugh Cunningham."

She trembled violently, and seemed about to fall, but his strong arm glided round her waist and supported her.

"And to think I should have doubted you!" she faltered, raising her face, her eyes brimming with tears. "Oh, Hugh! Can you ever forgive me?"

"Irene," he said, gravely, releasing her hand and holding out the slender chain. "I have taken these only to give them back to you again. Shall it be so—my darling?"

The familiar pet name fell slowly and hesitatingly from his lips. But she heard it. She came nearer. The tears fell faster, and the white hand she held out trembled like a leaf.

"Hugh! My own! My own!"

"My darling! My darling!"

And, as he held her to his heart, she laid her head on his shoulder, and, twining her arms round his neck, wept like a child.

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Personal Appearance.

HOW TO MAKE IT MORE ATTRACTIVE.

By Mistress Anne Page.

CHAPTER II.

BATHS.

UNDOUBTEDLY one of the most potent of our aids in the culture of the beauty of our personal appearance is the bath we take every morning, provided this is the right one for the individual case, that the water employed is soft, and the soap good.

Our skin deserves all the attention that we can give to it. It is a complex structure which we roughly describe as consisting of two superficial layers of epidermic cells, beneath which, in the subjacent tissue, is embedded a network of sweat-glands opening on to the surface, and also numerous minute blood-vessels which nourish these glands, as well as contributing to the general nutrition.

The uppermost of those two layers is continually being renewed by the growth of new cells, and as this is done the old "skin" is removed by being rubbed off the surface (partly by our clothes, where these cover us), and is "shed" in the form of minute white scales, which, having served their purpose and being "dead," must be cleared right away. The natural process of removal is, of course, greatly facilitated by the rubbing we give ourselves in the bath, and the towel friction always necessary after it.

Then, impurities from within us are continually being brought to the surface through the openings or "pores" of the myriad sweat-glands, and these must also be removed daily, and hence one of the great necessities for water and soap that will cleanse the skin most thoroughly.

For those in need of it, Mr. Mason, that experienced chemist, of 25, Bank Plain, Norwich, supplies an excellent "Hard-water Softener" at 1s. 2d. a box, and by the use of a teaspoonful of this in each gallon the hardest water is rendered soft and is deprived of everything that would be deleterious to the skin. The same Mr. Mason has a pure neutral soap ("Mason's Novicia Cream Soap") at 6d. a tablet, or 4s. 6d. for a box containing twelve tablets, which is far more soluble in water than many more highly priced soaps with which I have been able to make experiments. These may seem trifling details to be insisted on, but they really are not so, because, in order that the many and important functions of the skin may be carried on successfully, to the maintenance of health and the promotion of beauty, the most scrupulous cleanliness must be observed each day, and without the right aids this is practically impossible.

In the preparation of the daily bath its temperature should to a large extent depend on the general health of the particular person who is going to use it, and more especially on her nerve-tone. It must also vary according to whether her skin is of the dry, or the moist, or greasy kind. For example, though there are women who find

"I have used 'Myra' for nearly nine years, and find it the best of all dressmaking journals."—MM.

themselves glowing and buoyant after the cold bath and vigorous friction which they give themselves every morning, a delicate girl, with what we call "a poor circulation," knows that a moderately warm bath suits her far far better, and that while the cold bath (of 65 deg. Fahr.) gives her nerve-shock and chill, she receives benefit from one of which the temperature is 85 degrees.

Children and elderly people should never be permitted to get into a colder bath than this; yet, on the contrary, too hot a bath (say one from 100 to 105 deg. Fahr.) is apt to do harm by having too strong an effect on the action of the lungs and heart.

Those who indulge in bicycling, riding, motoring, or much outdoor athletic exercise, must, in addition to the morning bath, have one at night, because this will be necessary to cleanse the skin of the dust-bath it has been forced to take, and the additional impurities brought to the surface where perspiration has been induced in any game. The temperature of this bath should be 95 deg. Fahr., while the water should be made invigorating by the addition of a little of the stimulating "Aromatic Bath Salt" (sold for 1s. 6d. a large bottle by the above Mr. Mason), as this is an antiseptic preparation which tends to invigorate the body and remove all sense of fatigue.

(To be continued.)

No. 5892. A Tucked Morning Blouse.

For Description See Pages 30 to 34.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 5883. A Ninon Afternoon Blouse.

For Description see Pages 30 to 34.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11 Fetter Lane, E.C.*

No. 5835. A Silk Afternoon Blouse.

For Description see Pages 30 to 34.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 5884. A Gathered Blouse.

For Description see Pages 30 to 34.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

A RADICAL REMEDY FOR FALLING HAIR.

It is an undoubted fact that insufficient attention to the hair and scalp is a fruitful cause of falling hair; but it is not the only one. Hygiene has vastly improved, but the human hair—especially on the masculine scalp—is far less vigorous and self-productive than it was, say, fifty years ago. Modern conditions of life thin and vitiate the blood, and that seriously interferes with the health of the hair roots and the growth of new hair, hence sparsely-covered temples and bald crowns. Outward application is of very little use in such cases. The mischief must be more radically combated. "Capsuloids" attacks in the blood what is noxious to the hair, what impoverishes quality, quantity, and colour, and it does this without in the slightest degree injuring the stomach or any other part of the body. Those interested should read the Hair Booklet, in which they will find printed the "Lancet's" analysis of the "Capsuloids." It will be sent, post free, by the Capsuloid Company, Limited, 47, Holborn Viaduct, London, E.C. All chemists sell boxes of "Capsuloids" at the reduced price of 2s. 3d.; but they can be got straight from the Capsuloid Company.

A CYCLE MESSAGE FOR 1906.

It is time that we got ready our cycling gear. Taking time by the forelock, we have ourselves given away with this number patterns for a cycling skirt and cycling blouse. But, of course, the chief thing is the machine. It is astonishing what a number of women have decided on having a new bicycle this year. Before deciding on one, I strongly urge them to send off at once to the Harris Cycle Company, Limited, Coventry, for the illustrated price list of the Harris Cycles. This price list is a beautifully got-up booklet, containing, among many clearly printed illustrations, capital photos and descriptions of new Harris machines, one of which—a little beauty—has been specially thought out for ladies' riding. Besides being strong, and easy riding, it is wonderfully pretty in shape, and care has been taken to provide ample clearance for the skirt—a necessity for comfort and safety by no means always properly secured in ladies' machines. The booklet also contains interesting particulars of this noted cycle firm.

Prices are very moderate. The machines are beautifully finished, and are delivered free of all cost, securely packed. But if a crate is necessary, the purchaser of the cycle is charged its cost price.

November 29, 1901.—"I have been a subscriber to your journal for many years and always find it most useful to me in my business."—E. Stenning

No. 5886 No. 5887 No. 5888

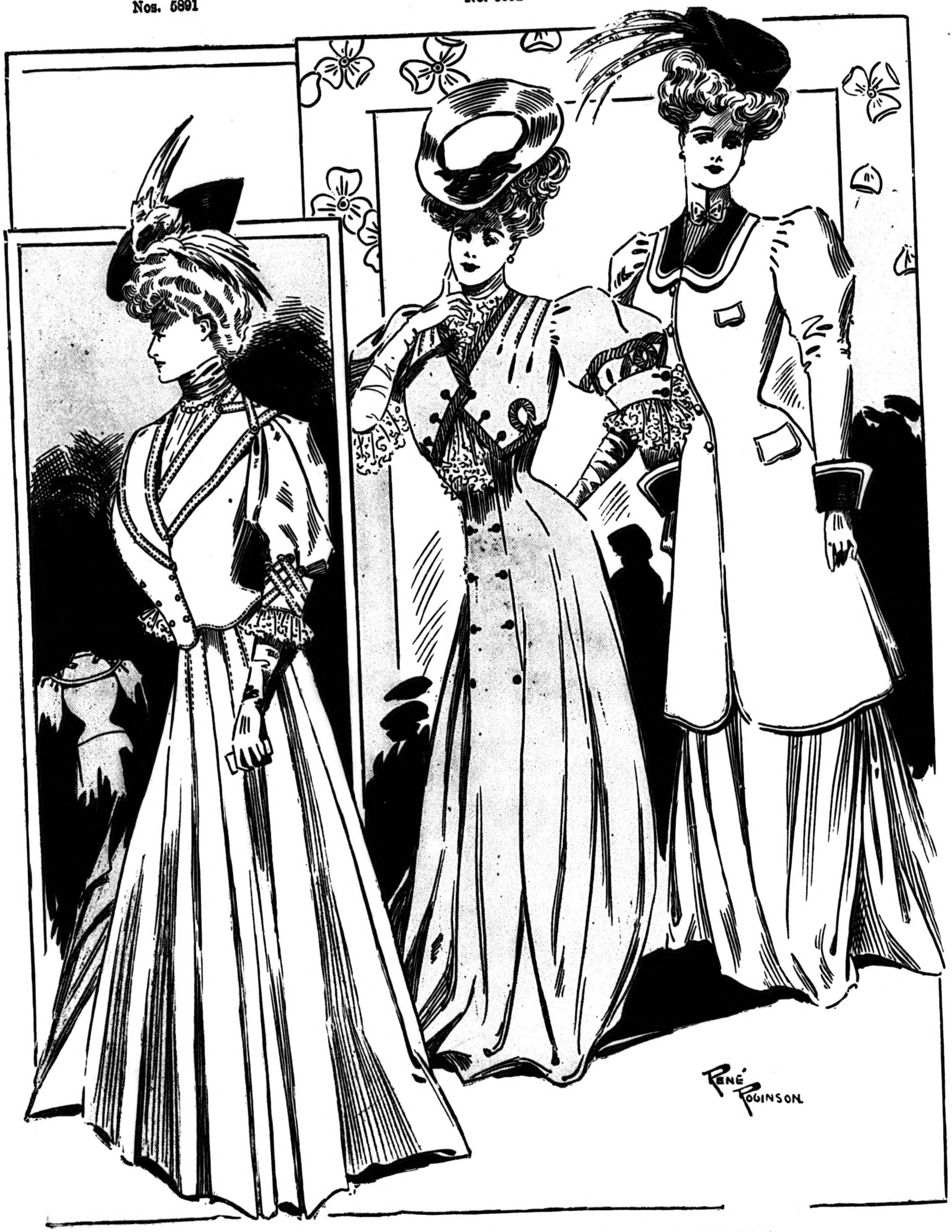
No. 5889 No. 5890

CHARMING BLOUSES FOR THE EARLY SPRING.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Nos. 5891 No. 5892 No. 5893



NEW TAILOR COATS AND COSTUMES FOR THE EARLY SPRING.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Long Coat, Corselet, and Pleated Skirts, each 1s. 0½d.; Coats, Skirt, Foundation Skirts, each 6½d., post free of Madame Myra. *10 and 11, Fetter Lane E.C.*

No. 5894 No. 5895 No. 5897

No. 5895

THE NEW TAILOR STYLES FOR AFTERNOON FROCKS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Flounced Skirt, 1s. 0½d.; Skirt, Foundation Skirt, Coats, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 5898 Nos. 5899 and 5900 Nos. 5901

No. 5902 No. 5903 No. 5904 No. 5905

DESIGNS FOR EARLY SPRING OUTFITTING.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 6½*d., post free of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

ROBINSON & CLEAVER, Ltd.

BELFAST,

Regent St. & Cheapside, London; and Liverpool.

Manufacturers to His Majesty the King and H.R.H. the Princess of Wales.

Carriage paid on orders of 20s. upwards in the United Kingdom.

Irish Cambric Pocket Handkerchiefs.

	Per doz
Bordered.	
Children's	1s. 3d.
Ladies'	2s. 3d.
Gentlemen's	3s. 3d.
Hemstitched.	
Ladies'	2s. 9d.
Gentlemen's	3s. 11d.

Irish Collars, Cuffs & Shirts.

COLLARS.—Gentlemen's 4-fold, from 4s. 11d. per doz.
CUFFS.—For Ladies or Gentlemen, from 5s. 11d. per doz.
SHIRTS.—Fine quality Longcloth, with 4-fold pure Linen Fronts, 35s. 6d. per half-doz. (to measure 2s. extra). OLD SHIRTS made good as new, with good materials in neckbands, cuffs and fronts, from 14s. the half doz.

Irish Damask Table & House Linen.

Fish Napkins, 2s. 11d. per doz. Dinner Napkins, 5s. 6d. per doz. Table Cloths, 2 yds. sq., 2s. 11d. 2½ yds. by 3 yds., 5s. 11d. each. Kitchen Table Cloths, 11½d. each. Strong Huckaback Towels, 4s. 11d. per doz. Frilled Linen Pillow Cases, from 1s. 4½d. each. Surplice Linen, 10½d. per yd. Monograms, Initials, &c., woven and embroidered.

Irish Dress Tweeds. Cream and all the fashionable tints in these most Stylish and Durable Materials.

Irish Dress Linens. The largest assortment of these Genuine Goods in the kingdom.

SAMPLES AND PRICE LISTS POST FREE.

N.B.—To prevent delay, all Letter-orders and inquiries for Samples of these goods should be sent direct to Belfast.

THE QUEEN says:

"Shopping by post brought to a perfected point."

If you fail to see BEST'S patterns for Spring, it is perfectly true you miss a good thing.

PATTERNS will cost you nothing. We pay postage both ways.

All goods sent Carriage Paid in U. K.

Please name this paper when writing.

H.S. CORSETS

THE CELEBRATED

AWARDED GOLD MEDALS. (REGD.)

ERECT FORM. STRAIGHT FRONTED.

AS ILLUSTRATION.

In Fine White and Dove Coutils and Black Cloth,
5/11, 8/11, and 12/9.

In Handsome Brocades, Black or White ground, with Blue Flowers, **8/11 and 12/9.**

Unsurpassed for Perfect Comfort, Elegance, and Durability.

Among Actresses these beautiful Corsets are held in high favour, and are more worn than any other. This fact alone speaks for their unexceptional elegance, and their durability is unquestionable. Ladies who have not yet worn them will be surprised and delighted at the support they give to the figure, and at how small a cost they can secure a Corset which will set a Dress off to perfection.

☞ **Their Moderate Price brings them within the reach of every lady.**

PERFECT FITTING H.S. ERECT FORM CORSETS

Can be purchased of all Drapers and Outfitters,

2/11, 3/11, 4/11, 6/11, 8/11, 10/6, to 21/- per pair.

TESTIMONIALS from all the Leading London Actresses, the *Elite*, and the Medical Profession, as to the excellence of the H.S. Corset.

Write! or our new Illustrated Catalogue of Corsets to suit all figures, post free.

☞ **Should any difficulty arise in procuring, send size of Waist, colour required, together with the name of your Draper or Outfitter, and Postal Order direct to the Manufacturers, Dept. C.**

H. SHERWOOD & CO., LTD., 12, LONDON WALL, E.C.

THE HOLBORN SILK MARKET.

HOLBORN BARS, E.C.

SPRING. SPRING. SPRING.

We hold a great variety of New Dress Materials and All-Wool Delaines for Blouses and Dresses. We particularly wish to mention that our Delaines are made of fine Soft Wools, and all the newest designs for the coming season. Please write for samples, which will be submitted post free upon application.

Delaines! Delaines! Delaines! The largest stock we ever held; in hundreds of designs and Colourings for Spring wear. 28 to 31 inches wide. Prices, 10½d., 1/0½, 1/2½ 1/3½, 1/4½, 1/6½, 1/7½, and 1/11½ per yard.

British-made Tweeds. Several ranges to choose from; double width. Prices, 9½d., 1/0½, 1/4½, 1/6½, 1/7½, 1/11½ and 2/11½ per yard.

Æolienne Voiles, in all New Shades for Spring wear; double width. Prices, 1/7½, 1/11½, 2/6½ and 2/11½ per yard.

Silk Voiles in great variety and all New Shades for Spring Frocks; double width. Price 2/11½ per yard.

All-Wool Spring Armure Coatings in all the leading Shades for present wear; double width. Price 1/11½ per yard.

New Overcheck and Shepherd Check Tweed Coatings in all New Shades for Spring wear; double width. Price 1/11½ per yard. Special value.

Satin Cloths in all New Shades for Spring Dresses; double width. Prices, 9½d., 1/0½, 1/4½ and 1/6½ per yard.

Grey Tennis Suiting Stripes in a very large range of patterns and designs; double width. Price 1/11½ per yard.

All-Wool Indiana Foule Cloth, made of Soft Wool, for Spring Dresses; double width. Price 1/11½ per yard. In all Shades.

All-Wool Black, Navy and Cream Coating Serges. Fast Dye and thoroughly shrunk; double width. Prices, 1/4½, 1/6½, 1/7½, 1/9½, 1/11½, 2/6½ and 2/11½ per yard.

Navy and Grey Lustre Alpacas, double width. Prices, 1/7½, 1/11½, 2/6½, 2/11½ and 3/6½ per yard.

All-Wool Crepeline in all New Shades, with ring design; double width. Price 1/11½ per yard.

Fancy Check Canton Cloth in all New Spring Colourings; double width. Price 1/11½ per yard.

All-Wool Crepelines for Spring Dresses in a large variety of Shades; double width. Prices, 1/2½, 1/6½ and 1/11½ per yard.

All-Wool Venetian Cloths and Duchesse Sedan Coatings, double width, in all the very latest Colourings; a great variety to choose from. Prices, 1/2½, 1/6½, 1/7½, 1/11½, 2/6½ and 2/11½ per yard.

New Fancy Blacks in Coatings, Voiles, Æoliennes and Fancies in great variety; double width. Prices from 9½d. to 6/11 per yard.

Please write for our New Selection of Dress Materials, Delaines, and Washing Fabrics.

PATTERNS POST FREE.

SAMUEL LEWIS & Co.,

5, 6, 7, 8, 9, 10 & 11, HOLBORN BARS, E.C.

CLOTHES FOR THE SCHOOL-GIRL.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Skirts, Foundation Skirts, Blouses, or Coat, each 6½*d., post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 5910 No. 5911 No. 5912

No. 5913 No. 5914 No. 5915

CHILDREN'S COSTUMES FOR THE EARLY SPRING.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, Skirts, Blouses, Coats, Suit, Pelisses, each 6½*d., post free of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 5916 No. 5917 No 5918

No. 5919 No. 5920

EARLY SPRING MILLINERY.

For Descriptions see Pages 30 to 34.

No. 5922

No. 5923

No. 5924

No. 5925

No. 5926

CHARMING EVENING BLOUSES AND BRIDGE COATS.

For Descriptions see Pages 30 to 34.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

No. 5927 No. 5928 No. 5929

THREE BEAUTIFUL EVENING GOWNS.

(SUITABLE FOR RENOVATIONS.)

For Descriptions see Page 19.

Price of Paper Patterns, Empire Dress, 1s. 0½d.; Skirts, Foundation Skirts, Blouses, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane. E.C*

The Renovation of Evening Gowns.

(See Page 18.)

THE prevaiing styles of the time so lend themselves to the skill of the renovator that it is well worth while getting really good material when we invest in a silk or satin gown. The good material lasts clean and fresh so much longer in the first place, and afterwards it supplies a splendid foundation for a really first-class renovation — such a renovated gown as one could wear at the smartest houses. Of course, the material must be well made up in the first place. Equally, of course, the renovation must be equally well carried out, with suitable materials. Transparent fabrics are chiefly used for extensive renovations, and these, happily, are cheap.

Accordion-pleated voile, nun's veiling, or silk muslin are a real boon to the renovator. Good voile can be expensive, but silk muslin and nun's veiling are very cheap. I propose to say a few words to-day about the use of accordion-pleating, because so many home-workers are rather afraid of tackling what they consider its difficulties.

No. 5929 was a pale green satin gown, made very simply as to cut. All ornaments and sleeves were taken away, and the dress then formed a capital under-dress for the charming Empire gown there illustrated. Four yards of 44-inch nun's veiling (pale green) was sent to be pleated to the Wanzer Pleating Company (20, Market Place, Oxford Circus, London, W.). This accordion pleating, all in one piece, as the width of the fabric supplied the length of the dress, was curved at the top to fit into the 3-piece lace bolero, which was lined with green silk to prevent the weight of the dress dragging the lace. If mounted on a princess foundation, the pleating would have simply been arranged on that foundation—the pleats mounted closely on each other so as to get fulness into the width of the bodice. The bodice can be cut out of piece lace, the upper and lower edges scalloped out (following the pattern), and either worked over or finished with a narrow appliqué of similar lace insertion. Skirt's lower edge only requires a trifle of curving. To the turned lower edge is stitched lace insertion, which pleats with the fabric. To this lace is eased a shaped flounce of the veiling, which is decorated with a key pattern in narrower lace (the veiling cut away beneath it). The length of this flounce depends on the height of the wearer and the length of the train. At its edge is gathered a small cross-cut frill of the veiling. Four more yards of veiling are required for flounce, frill, front drapery, and sleeves, making eight in all. The front drapery is over the fastenings, and if preferred can be omitted. It is a coquillé formed of an accordion pleating 12 inches wide in its widest part, edged with a tiny chiffon ruche matching the lace. The sleeve is puffed on a small silk lining; it is decorated with a silk cuff, a lace *motif*, and a frill of lace.

No. 5928 shows how to veil an ordinary silk or satin bodice and skirt with silk muslin. The full five-gore skirt is made completely apart, decked with double hemmed ruches of the muslin and pretty knots of velvet ribbon formed with a few stitches. The bodice is veiled with a bébé blouse of the muslin, ending in the new broad Empire belt, made of velvet mounted on bones (it is shaped from the flat pattern). A ruche edges the neck, decked with wired velvet knots. The sleeve is a small puff, similarly trimmed. 8 yards of 44-inch muslin will be required.

No. 5927 is the renovation of a rose-pink gown of soft Liberty satin. In this case the owner had 1½ yards of the double-width satin by her to supply the added tucks; but, failing this, chiffon to match would have to be purchased, the added tucks being replaced with hemmed frills. The skirt was not full enough, so the front was split open and a white lace tablier (over white silk) inserted. This left enough material to gather the skirt a little at the sides. The back pleat was ironed out and gathered.

The bodice, fastening at the back, had its front draped on a lining which was only a little open at the neck, and formed a deep point below the waist in front. As these points are no longer fashionable, it was shorn away. The peak (of lining) was cut lower, the material pleated up, and a new effect was obtained by crossing a lace berthe on the front, and putting a pretty paste buckle on the left, to simulate cross fronts. The sleeve was hopelessly out of date—narrow at the top and big puff at the elbow. This was *reversed*, the puff joining the new shoulder, and the superfluous length helping the draped effect of the lower edge. A buckle on the sleeve was a smart addition and a lace frill.

THE WIFE'S SELECTION.

Perhaps the most cogent evidence on foods is that supplied by women. The husband is generally the bread-winner, but the wife is the one on whom the selection and preparation of the household foods devolve, and she naturally studies foods and their influence more keenly than the average man does.

Dietetic errors can be avoided without additional cost or trouble, and even were the cost far greater, it would still be much wiser and more economical to expend a little more on a really digestible and nourishing food-beverage, like Dr. Tibble's Vi-Cocoa, than to have to pay for drugs and medicines in trying to counteract the evils of indigestion, headache, insomnia, anæmia, hysteria, and general nervous disorder.

There is no cheaper or better article on the market than Vi-Cocoa. It is sold by all grocers and stores in 6d. packets, and 9d. and 1s. 6d. tins; or you can try it absolutely free by writing (a postcard will do) to Vi-Cocoa, Ltd., 60, Bunhill Row, London, E.C., for a dainty sample tin.

Descriptions of the Free Patterns.

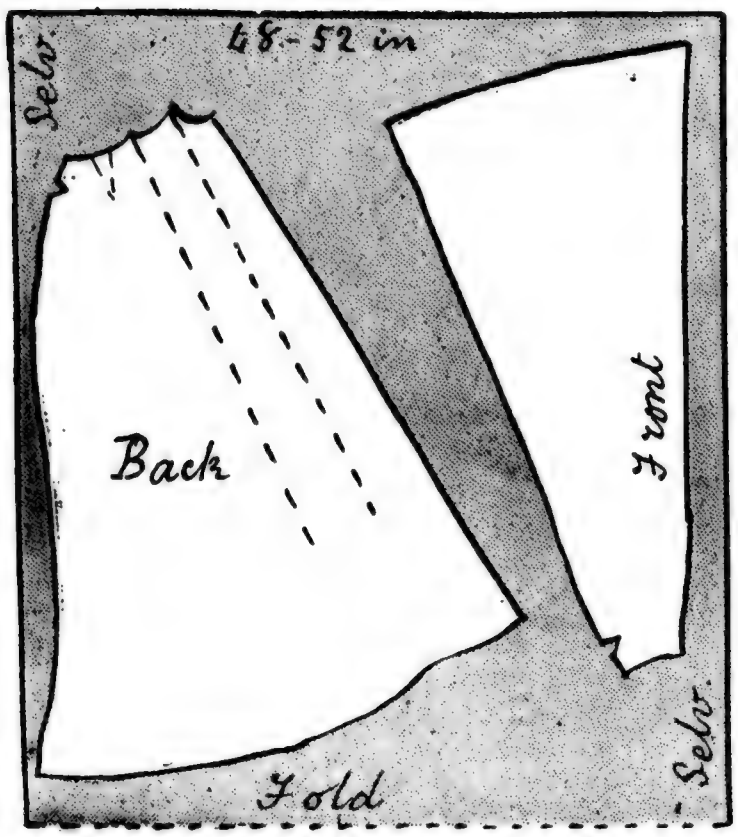


Diagram of Free Skirt Pattern.

A NEW CYCLING OR WALKING SKIRT.

THERE is a deep inverted box-pleat at the back. The pattern is in two pieces: One front, one back. The inverted box-pleat is wheelmarked on back pattern. The diagram shows the pattern laid on 3½ yards of 48-52-inch tweed, which is opened out and is double, so that the pieces are cut in duplicate. Do not fold *cloth* which has a distinct "up-and-down." Cut it and lay the breadths face to face, so that the material is not reversed. If cloth were used, the front breadth could not be reversed, and another ½yd would be required, leading to waste, except that the large piece over goes a long way in supplying a coat to match.

Tack front and back seams (opening in left side seam); try on. Stitch and press the seams, stitching the front seam open for ornament. Line the skirt with sateen, seamed apart. Turn up the hem over a band of lino, and stitch down closely. Arrange the back pleat, and bind the skirt top with a ribbon after finishing the opening with felled bands of sarsenet. Close with glove-stud skirt tapes, and close the top with hooks and eyes. The pocket can be inserted in the opening.

This is an admirable skirt—light, protective, elegant. For a mere walking skirt it is better to have the opening in the back pleat; but the back opening is quite impossible for cycling, as the peak of the saddle might catch in mounting or dismounting.

I suggest Pirle-finished cloth or tweed, as this skirt will be submitted to hard wear, which the Pirle finish resists. as it prevents spotting or shrinkage.

A PLEATED BLOUSE IN WHITE VIYELLA OR NUN'S VEILING, &c.

The pattern is in five pieces—half the pleated back, the right pleated front (cut with central box-pleat), one sleeve, half the collar-band, one cuff. Pleats are wheel-marked on back and front patterns. The diagram shows the pattern pieces laid on 4 yards of 31-inch material, which is opened out and is doubled, so that cuff, front, sleeve are cut in duplicate. The single material is folded (selvedges meeting), the back centre of back pattern laid on the fold. A space is marked out for the lacking half of the collar, which hooks at the back. Left front is cut without box-pleat.

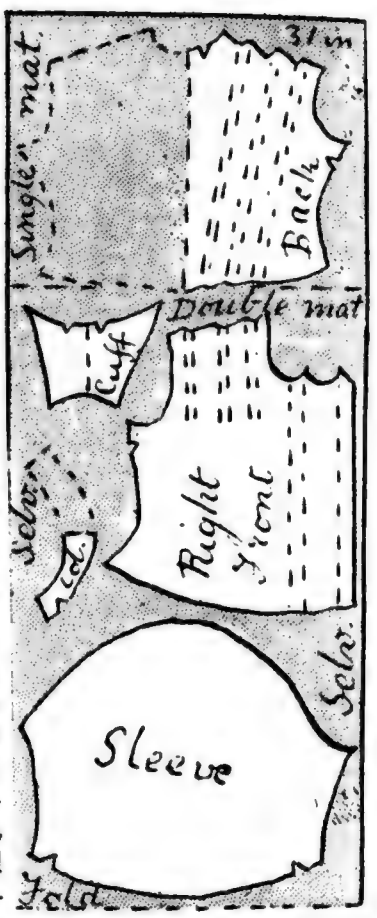


Diagram of Free Blouse Pattern.

Arrange and stitch the pleats. Decorate the front pleat and back centre with lace insertion. Tack together the back and fronts; try on. Make buttonholes down a doubled band mounted beneath the box-pleat, hem the left front, and sew the buttons down the hem. Seam the side seams (run-and-fell seams). Hem the lower edge. Seam on the band collar (which is decorated with lace) according to the notch. It can be lined with its duplicate or be left unlined.

The sleeve is seamed inside with a fell seam. Gather sleeve into the armhole and bind the seam for neatness. The lower edge is gathered into the cuff, which closes with hooks and eyes. The cuff can be simply decorated with lace, or it can be tucked to flat pattern (mere pinches of material).

A broad belt looks well with this blouse, of soft red or white leather. It is a capital shirt to wear with the cycling skirt already described.

ELEGANT TAILOR SKIRT for CYCLING or WALKING, and a PLEATED BLOUSE.

For description see this page.

The Cut-out Paper Patterns of this Skirt and this Blouse is given Free with this Number.

THE NEW CORSELET BODICE.

This charming model must be of the skirt material, and can be worn over any day or evening blouse. The pattern is in five pieces—half the back, one front, one sleeve, one back in lining, half the lining front. The lining takes the form of a belt, which should be cut in firm lining (like tailor canvas), and be carefully boned up the side seams, the back opening (the bodice hooks at the back), the front centre.

The diagram shows the three pieces for material laid on 1¼ yards of some soft double-width fabric (from 42 inches wide, either taffetas, cashmere, woollen crêpe, &c.), which is folded over (selvedges meeting) so that each piece is cut in duplicate. If made at the same time as the pretty full skirt illustrated, this corselet can be cut

Corsham, November 1, 1901.—"I write to tell you that I am very, very pleased with your journal."—C. P.

CLOTH TUNIC FOR A LITTLE BOY.

For Description see this Page.

THE CUT-OUT PAPER PATTERN OF THIS TUNIC IS GIVEN AWAY WITH THIS NUMBER.

out of the waste, so that 5½ yards would do the whole thing, corselet and skirt.

Seam the crêpe front down the centre, and gather the seam down the front centre of the belt according to the single notch. Tack the side seams, belt and material together. Tack the small shoulder seams. Gather the back centres with a heading (which is wheelmarked on pattern) on to the back edges of belt, and try on. This heading conceals the large hooks and eyes which close the corselet at the back.

Stitch and press the seam under the arms, and pipe the edges of the corselet—fronts, backs, and lower edge. The belt must be very carefully boned, and a lining of thin silk should make the belt neat. An elastic from the shoulder seam to the belt helps to keep the shoulder in place without dragging at the fronts, which should be easy enough to puff a little. A tiny safety-pin sewn to one edge of the shoulder seam is an advantage, to prevent the shoulder slipping. A line of embroidery or very light passementerie is a pretty finish. Bows of satin ribbon finish the shoulders.

The same trimming should edge the open sleeve, which is unlined, and which joins the armhole at the single notch. The same passementerie looks well down the centre of the full skirt.

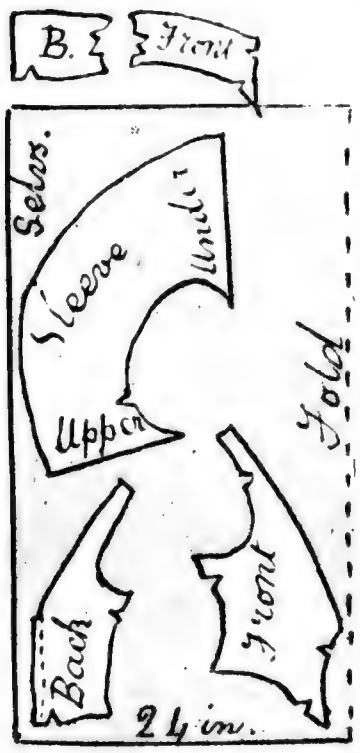


DIAGRAM OF CORSELET PATTERN.

A CHARMING CORSELET BODICE.

For Description see this Page.

THE CUT-OUT PAPER PATTERN OF THIS CORSELET BODICE IS GIVEN FREE WITH THIS NUMBER.

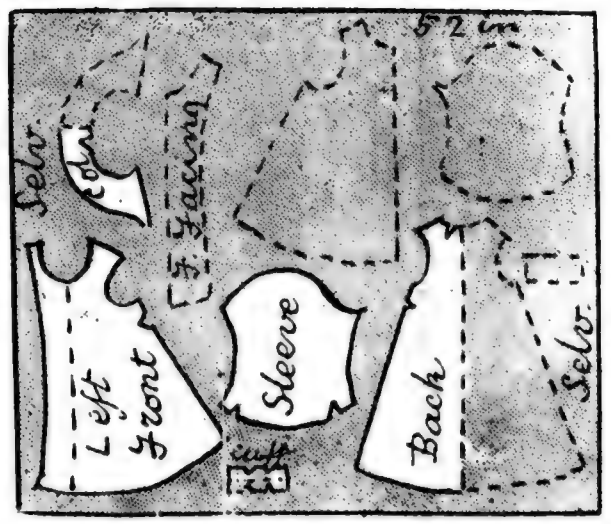


DIAGRAM OF FREE TUNIC PATTERN.

For patterns of lovely soft spring materials, which are just the things for this beautiful gown, send to Best's Dress Goods Company, Bradford, who will pay the cost of carriage both ways.

BOY'S TUNIC OF CLOTH OR SERGE.

This is a capital suit for a small boy of two to three years; it is cut long enough to conceal the drawers, so that knickers to match can be dispensed with. The pattern is in five pieces—half the back, one sleeve, the left double-breasted front, one cuff. The diagram shows the pattern pieces laid on 1¼ yards of 52-inch material, which is opened out. On the single material a space is marked out for the second cuff, the lacking half of the back, the right front (single-breasted), the second sleeve, the left front's facing (cut on left front).

The left front to the double breast should be faced with the material. The edges are hemmed, and the tunic closes with pearl buttons. The sleeve is gathered into the double wristband, which closes with buttons and buttonholes. The belt should be of leather. The collar can be of the cloth, or neck can be piped so that hem-stitched, detachable, white muslin collars can be worn.

Lutas Leathley (Department 40), Axmley, Leeds, has excellent cloth and serges at very inexpensive rates, which are just the thing for boys' suits, as they wear so well in spite of cheapness.

PAPER PATTERNS.

MADAME MYRA, 10 and 11, Fetter Lane, E.C., will cut to measure the pattern of any dress or mantle illustration sent to her for 1s. 6½d. (plain skirt or bodice, or *short* coat). Pleated or tucked styles cost according to complication; of a princess or Empire gown the pattern would cost from 2s. 6½d. post free.

EXERCISE, FOOD, AND THE EXTERNAL CARE OF THE SYSTEM are of vital importance, but they are insufficient in themselves unless they are assisted by pure, nutritious and assimilable food. The best and purest food is HORLICK'S MALTED MILK, composed in about equal proportions of the best dairy milk in combination with the extractive portions of wheat and barley malt. It suits all ages, and is essential for the infant and invalid. Of all chemists and stores, 1s. 6d. and 2s. 6d. per bottle. Free sample sent for two stamps, to cover postage, by Horlick's Food Company, 34, Farringdon Road, London, E.C.

"I have used 'Myra' for nearly nine years and find it the best of all dressmaking journals."—M. M.

No. 5930 No. 5931 No. 5932 No. 5933

VISITING AND INDOOR GOWNS, AND BEAUTIFUL TEA

For Descriptions see Pages 80

Price of Paper Patterns, Pleated Skirts, each 1s. 0½d.; *Tea Gowns, each* 2s. 0½d.: *Skirts, Foundation Skirts, Bo*

No. 5933 No. 5934 No. 5935 No. 5936 No. 5937

OOR GOWNS, AND BEAUTIFUL TEA GOWNS FOR A SMART TROUSSEAU.

For Descriptions see Pages 80 to 84.

½d.; Tea Gowns, each 2*s.* 0½*d.: Skirts, Foundation Skirts, Bodices, Coats, Pélerine, each* 6½*d., post free, of* MADAME MYRA, 10 *and* 11 *Fetter Lane, E.C*

Practical Dressmaking for Home Workers.

A PRETTY AFTERNOON BLOUSE.

THIS lovely model is illustrated on the cover with the free corselet bodice. It looks charming in white ninon-de-soie, cream net, and cream lace, worn over a white silk underslip. The pattern is in seven pieces—three for ninon (wide sleeve, half the front, one back); one for lining the sleeve (either of very thin silk or the ninon, which can be in two pieces to use up the waste); three for net (half the front yoke, one back of yoke, half the collar). The diagram shows the ninon patterns and the sleeve lining laid on three yards of 45-inch material, which is opened out and doubled beneath sleeve pattern so that it is cut in duplicate. The single material is folded over (selvedges meeting); the front centre of front pattern laid on the fold so that it is cut in a single piece.

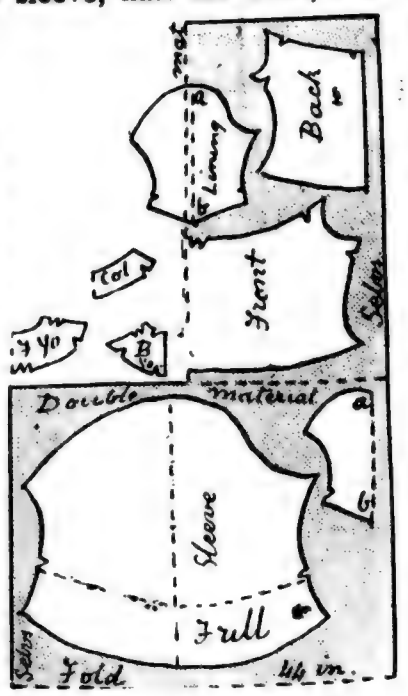


Diagram of Blouse Pattern.
(Blouse is Illustrated with Free Corselet, Page 21.)
For Description see this Page.
Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

The yoke and collar take ¾yd. 27in. net. The tucking can be done in two ways. It is easier to tuck the material (for yoke) and then cut the backs and fronts of yoke on the cross, so that tucks meet in V-points, the front seam hidden beneath the appliqué of cream lace; or else the front of yoke is cut in one piece out of net, which is tucked in circular lines to the curve of the flat pattern.

For patterns of net, send to Messrs. Peach, Lister Gate, Nottingham.

Tuck the yoke; tack together front and backs; try on; sew the seams. Tack together front and backs of ninon, and gather them into the yoke. Try on again. Sew the seams. Cover the yoke seams, also junction of yoke and blouse, with appliqués of cream lace. Hem the lower edge of blouse. Hem the backs of blouse and yoke, and close with very small hooks and worked loops. Tuck the net collar to flat pattern, and decorate it with lace appliqués. Sew it on the yoke neck (back notches coinciding), and close at back with three hooks and worked loops.

Seam the sleeve. Gather it on the seamed lining, the lower edge beneath the wheel-marks being left free for a frill, which is edged with lace. If preferred, the sleeve frill could be of net and lace. Gather the sleeve into the armhole, pinning it in place on the wearer. Stitch in the sleeve and overcast the seam.

HANDSOME WRAP FOR DAY OR EVENING WEAR.

It looks very well in the palest drab cloth, decorated with mauve velvet embroidered with narrow white silk braid. The lining should be white glacé or satin. The facings as illustrated are of the cloth decorated with white silk lace appliqués.

The pattern is in six pieces—half the back, one front, one sleeve, one cuff, half the collar; one piece for lining—the sleeve, the rest of the lining being cut on the coat pattern.

No. 5938. A Beautiful Wrap.
(Suitable for Day or Evening Wear.)
For Description see this Page.
Price of Paper Pattern, 1s. 0½d; post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

The diagram shows the five pattern pieces for cloth laid on 3⅜ yards 52-inch cloth, which is folded in half (selvedges meeting), the back centres of back and collar laid along the fold, so that each is cut in a single piece, the other pieces being cut in duplicate. The sleeve being too wide for a half-width (the most economical method of cutting), added corners are seamed up the selvedges at *ab*, *cd*, *ef*, *gh*, the seams being hidden in the fulness of the sleeve.

For the cloth, send to Best's Dress Goods Company, Bradford, who will pay cost of carriage both ways.

Tack together fronts and back. Fit, stitch, and press the seams. Interline the edges with leno, and turn up the cloth over it, herring-boning it down, or stitching it, if preferred. Press well. Give good wide turnings to the fronts and stitch down.

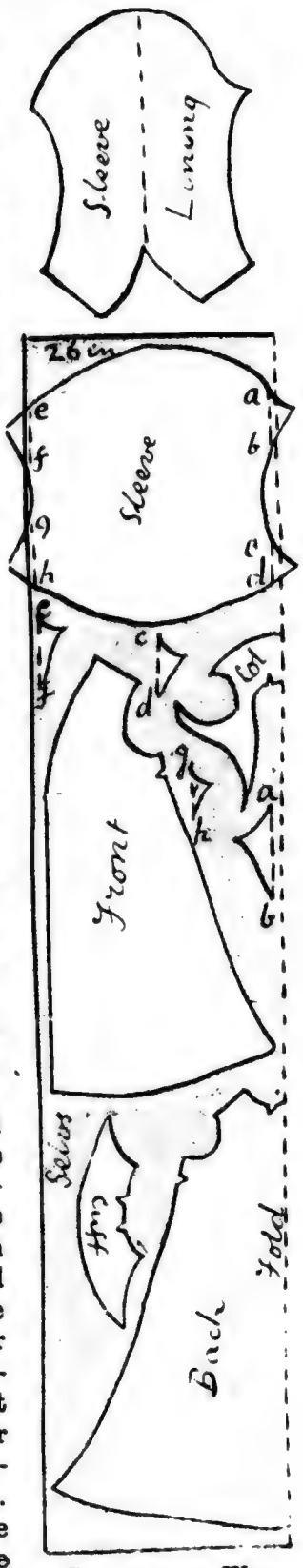


Diagram of Wrap Pattern.

Cut and face the collar, interlining with leno. Work the cloth facings, or face with velvet worked up with silk braid. Cut, seam, and press the coat lining. Tack it in the wrap, and slip-stitch its edges to the stitched coat-edges. Sew on the collar. Fell the facing over the seam.

The coat looks best closing with buttons and a few braid loops. It should be loose, so that there is no strain on the fastenings.

The sleeve is seamed, and is draped on the seamed lining. To the lower edge is seamed the cuff, which is decorated like the collar.

GIRL'S CONFIRMATION DRESS.

This very pretty model would serve afterwards as a smart and serviceable summer frock. Whether of pure white nainsook or creamy lawn (trimmed with tucks and em-

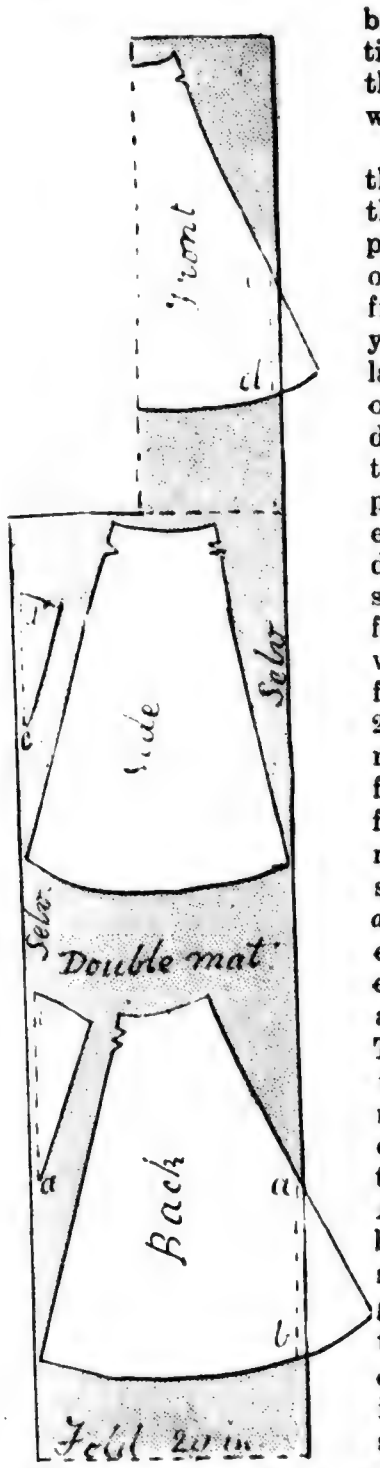


Diagram of Girl's Skirt Pattern.

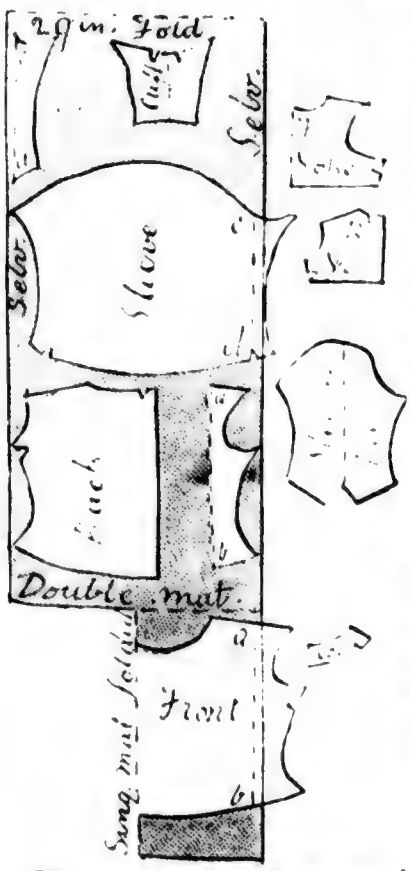


Diagram of Girl's Blouse Pattern.

broidered insertion to match), the frock would wash perfectly.

The diagram for the skirt shows the three pattern pieces (one back, one side, half the front) laid on 7 yards 29-inch lawn, which is opened out and is double beneath the side and back patterns, so that each is cut in duplicate. The single material is folded over (selvedges meeting), for the front. As 29-inch material is not wide enough for backs and front, added corners must be seamed on it at *a b, c d.* Leave an extra inch for each ½-in tuck, and for a 2in hem. The graduated tucks are arranged on the line of lower edge to the flat pattern. A band of embroidery insertion separates the two groups of tucks, the lawn being cut away beneath it. The top of the skirt is gathered into a bias band of lawn, and closes with two hooks and eyes in the back seam. This skirt should be worn over a handsome white petticoat or a foundation skirt of white moirette, silk, or mercerised lining edged with a pleating.

The blouse pattern is in eight pieces—half the front, one back, one sleeve, one cuff, half the front lining yoke, one back yoke, one lining sleeve, half the band collar. The diagram shows the pattern pieces laid on 4½ yards 29-inch lawn, which is opened out and is double beneath back, sleeve, and cuff pattern. The single material is folded over for the front. As front and sleeve are too wide for the material, added pieces have to be sewn on at *a b, c d.*

Sew the seams *a b.* Tuck front and backs to flat pattern in circular lines across the body, and trim with bands of insertion. Tack yoke seams and try on. Gather front and backs into neck and shoulder seams of yoke. Re-tack seams, stitch them and overcast them open. Hem the lower edge. Hem the backs, and close with buttons and buttonholes made in an underfold or added band beneath right back. Bind the neck, and stitch on the unlined collar, which hooks at the back.

Tuck the cuff diagonally to flat pattern, and trim with embroidery. Gather the puff on the lining, arrange unto the cuff, and sew the inner seam. Waistbelt and hair bow should be of pure white ribbon. Wear the blouse over a handsome cache corset or underslip of white silk, mercerised lining, &c.

This frock would be charmingly pretty in white "Wincella"—a lovely variety of wincey. For patterns, send to Messrs. J. D. Macarthur, Ayr, N.B.

No. 5939. Girl's Confirmation Dress.

For description see this page.

Price of Paper Pattern, Skirt or Blouse, each 6½d. post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

THE NEW LAYETTE.

(See page 30.)

The great luxury which ladies allowed themselves in the matter of their baby's layette has undergone a marked change. It was not unusual a little while ago to see a mother cheerfully give five pounds for an infant's long cashmere pelisse. Common-sense and economy cry out against the luxury of the long-clothes layette.

Babies every year were "short-coated" earlier and earlier. First three months was declared the limit of age for the long skirts, then two months, then six weeks. Now the up-to-date baby wears no long skirts at all.

These are the quantities for a simple three-quarter layette:—

1 yard flannel for binders, from 4 to 6 woollen vests, 8 flannels, 6 nightgowns, 6 monthly gowns, 2 robes, 2 slip skirts, 3 dozen fine towels, 2 Turkish towels, 2 head flannels, a woollen shawl, pelisse, hood.

The binder, some 6 inches deep, is torn from the flannel as required. It must not be hemmed (No. 5943). The chemise has departed for good, and is replaced by the long-sleeve knitted vest (No. 5942).

The up-to-date flannel (No. 5941) is made out of the full width of the flannel, fronts and lower edge scalloped and worked in button-hole stitch. The top is bound with sarcenet, hollowed for the arms, but *without* any shoulder straps, which doctors object to. Leaving enough to cross over the child and tie in front, the superfluous fulness of bodice is arranged into a stitched-down box-pleat, which can be unpicked and remade smaller as the child grows in bulk. The flannels should be about 22 inches long.

The nightgown, of fine percale or batiste, is made in the same style as the monthly gown (No. 5944). The yoke is simply tucked, the skirts are merely hemmed. The neck of yoke, finished with lace, like the little sleeve, is drawn in with a fine tape runner. The whole length of nightgown need not be more than 25 inches. The monthly gown would be of substantial nainsook or nun's veiling, beautified with lace insertion and edging. Two widths of 29-inch material are enough for the skirts of the nightdress.

The robe (No. 5945) can be of fine nainsook or silk. Two widths of 36-inch material is enough for the skirt, an idea of extra fulness being obtained by the lace flounces. Two are enough, as the economical mother uses the new slip skirt (No. 5949) to slip over the baby's plain gown when it takes its airing. A runner of ribbon through the lace-covered band holds the skirt. No petticoats are worn.

In its earlier months the pelisse is replaced by an economical white woollen shawl, knitting or crochet (No. 5947), which is folded over shawl-wise, and closes with big bows of white satin ribbon. After two months the infant wears a cashmere or silk pelisse, cut and made like No. 5913, page 15. The bonnet is usually of silk to match.

The head flannel (No. 5946) is a square of the finest white flannel, edged with a hem of white silk bordered with Valenciennes lace. The smarter one (No. 5948) is scalloped, the scallops being embroidered with white silk and edged with Valenciennes.

"I have taken your journal for seven years, and find it very useful'.—L. Bradbury, 38, Gladstone Avenue, W. G., N.

PERI-LUSTA STRING BAG.

THIS very pretty little string bag will suggest itself for many purposes. Beyond being a very useful receptacle for a string ball, it can also be used for the Peri-Lusta balls of crochet and knitting threads, also to contain counters, &c., when playing games.

THE MAKING.

For one large enough to hold a ball of string of the usual size, take Peri-Lusta tatting thread, No. 8, stout, or Peri-Lusta art embroidery ball. The tatting thread is very closely and finely twisted, and therefore, perhaps, more suitable for this purpose. Two pretty colours should be chosen, such as yellow and white, or fawn and pale blue. With a fine bone crochet hook work 8 chain stitches, and with a slip stitch work them into a circle. Second row—3 chain stitches, 18 treble stitches in the circle, join them with a slip stitch. Third row—3 chain stitches, 2 treble stitches, in each stitch of preceding rows. Join all rows with a slip-stitch. Fourth row—fasten on the second colour and proceed as in third row. Fifth row—3 chain stitches, 1 treble stitch in every stitch. Sixth and seventh rows—as fifth row, remembering to alter the colour of the Peri-Lusta with every three rows. There should now be 376 stitches in the round. The base is finished and the sides are begun with the eighth row—3 chain stitches, 2 treble stitches in next aperture, and so on till end of row. Ninth row—3 chain stitches, 3 treble stitches in each aperture; then repeat this row 7 times, which brings the work to seventeenth row. Border: 3 chain stitches, 1 treble in each aperture, repeat till end of row.

This Pretty Bag can be Made Very Easily with Peri-Lusta No. 8 Tatting Thread.

Eighteenth row—4 chain stitches and a fourfold treble in each aperture; repeat till end of row.

Nineteenth row as seventeenth row.

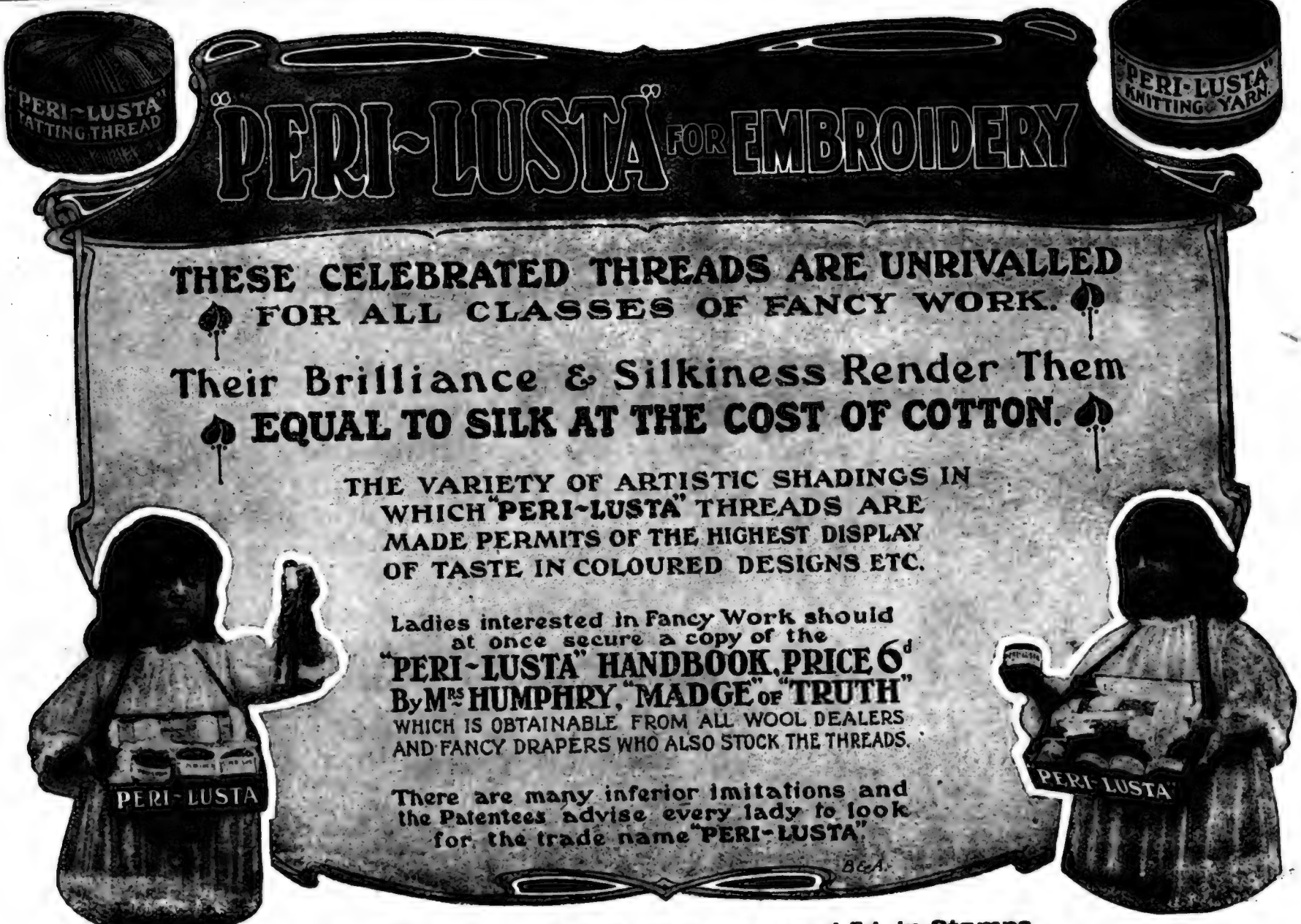
Twentieth row—9 chain stitches, 1 double stitch in each aperture.

Twenty-first row—7 chain stitches, 1 chain stitch in each aperture, repeat throughout the row.

Twenty-second row—3 slip stitches to bring the cotton to the middle of the first 7 chain stitches, then same as twenty-first row. Finish off.

This design of crochet is a very good one for larger bags and holders, and it is very strong and elastic. Such articles as these are really useful, and sell remarkably well at bazaars, while costing the worker the merest trifle.

For other designs for Fancy Work readers of Myra's Journal should procure a copy of the "Peri Lusta Handbook," which is a veritable guide to all kinds of art needlework. It is only 6d., and it can be had at all Berlin wool repositories and the fancy departments at the drapers. If unable to procure the handbook send 7d. in stamps to "Peri-Lusta," 19, Ludgate Hill, London, E.C., who will send handbook by return. A very pretty design is given for a counter bag, worked with Peri-Lusta art embroidery thread.


"PERI-LUSTA" TATTING THREAD
"PERI-LUSTA" KNITTING YARN
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THESE CELEBRATED THREADS ARE UNRIVALLED FOR ALL CLASSES OF FANCY WORK.
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WHICH IS OBTAINABLE FROM ALL WOOL DEALERS AND FANCY DRAPERS WHO ALSO STOCK THE THREADS.
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EMPLOYMENTS.

THE NURSE IN AN ASYLUM.

NOWADAYS the old joke that "Father has had a stroke and mother has broken her leg, so I intend to go as nurse in a hospital" does not apply. Fashion has so much to do with the supply and demand of work and workers; and just at present athletics happen to be very popular, and many modern young women work off their superfluous energy in that way. To be a nurse in a charming costume, bending over the bed of an ailing child in a sunny ward filled with flowers, has appealed to more than one girl of a romantic rather than a practical disposition. But to nurse the insane! This is, indeed, another story, and though there are always some people in life—by a merciful dispensation of Providence—who turn, as Charlotte Brontë said of her gifted sister Emily, "to duty as others do to pleasure," still this is work which no one, however careless, would undertake without thought. But to the kind and thoughtful, the sympathetic, the brave, the patient, this work—this truly missionary work—has much to commend it.

CONDITIONS OF TRAINING.

The period of age is not defined, and is usually left to the discretion of the medical superintendent, but between twenty and thirty may be given as an average; good health, some knowledge of domestic work, and references as to character are all of importance. The period of training lasts, after a trial of three months, for three years in a hospital or asylum for the treatment of the insane containing not less than forty beds. This period may be shortened by a year at the discretion of the medical superintendent if the candidate has had good previous experience in nursing the insane, or for those who have had training in a general hospital.

The work is both practical and theoretical, and at the end of the training candidates present themselves for the Medico-Psychological Certificate, a gratuity of two guineas being, as a rule, given to each nurse who obtains the certificate.

Salaries range from £18 to £30 for probationers; charge, £30 to £40; head attendants, £50 to £80; uniform and all found in each case. For private cases, of course, much higher salaries are frequently paid. (It is at all times most desirable that a nurse should be able to sing and play.) In most county asylums the pay is subject to deductions for superannuations, and the fact that pensions are provided thus by the Acts of 1896-7 is one worthy of consideration.

THE DAILY LIFE OF AN ASYLUM NURSE.

From the ever-useful "Women's Employment" I take the following, which gives an admirable idea of the routine of life in an asylum: "A ward usually contains from fifty to ninety inmates; there are, of course, fewer patients in the dangerous wards than in the wards labelled 'infirm' or 'convalescent.' A charge-nurse and from four to five under-nurses are in each ward, which has attached to it a large dormitory, several smaller ones, with locked doors and spy-holes, and one bed in each, a padded-room, bathroom, lavatories, kitchen and larder, linen and storerooms, also places for the patients' hats and shawls. All are heated to a uniform temperature, are well lighted, fitted with comfortable benches, chairs, and couches, have a piano, growing palms and plants, and are really comfortable in appearance and reality. I am speaking of up-to-date asylums, recently built, not of older structures.

"All have pleasant recreation grounds, a large hall for dancing, concerts, and theatrical entertainments in winter, a church, and a lending library. From two to three attendants have bedrooms adjoining and overlooking the dormitories; others have rooms in a portion of the building distant therefrom, and if a nurse shows any signs of physical breakdown she is sent to a bedroom remote from the patients, has her duties materially lightened, and the best of care and medical attention. Cases of ill-health, or of accidents from the violence of patients, are very rare, and I have never heard but of one case of mental breakdown.

"The day attendants are on duty from 6 a.m. until 8 p.m., five days weekly; the night attendants from 8 p.m. until 6 a.m., six nights weekly. Both sections have one entire day weekly free from all duties, and may have breakfast in bed in their most comfortable bedrooms, or be free to spend the day as they please until 10 p.m. They have a good general sitting-room, with piano, books, and games, and the freedom of a large portion of the grounds. Their Sunday duties are also very light, and the actual daily work each attendant does can be accomplished in four or five hours; consequently, they have only to sit and watch the patients and superintend the meals and the retiring. All the food for the patients is cooked in the large kitchens of the institutions, and brought to the wards ready for serving. The attendants go by turns to their own dining-hall or mess-room, and their food at all meals is excellent in every way. . . . It will be seen how very small the dress and other expenses of an asylum nurse need be, and how easily she may save money. . . . It may perhaps be urged that I have shown only the bright side of the picture; to this I reply that the darkest side is seen by the patients. . . . Taking into account the distressing cases a nurse must see, and the amount of unpleasant language she must hear, the certain amount of unpleasant work is to be preferred to that of underpaid office workers or shop assistants, &c."

I might just mention in conclusion that excellent institution, the Asylum Workers' Association, the hon sec. of which is Dr. Shuttleworth, Richmond Hill, which bands together asylum workers for their mutual benefit, and provides homes of rest for asylum workers. Subscription is only 1s. a year.

(For Free Register and Correspondence see page 42.)

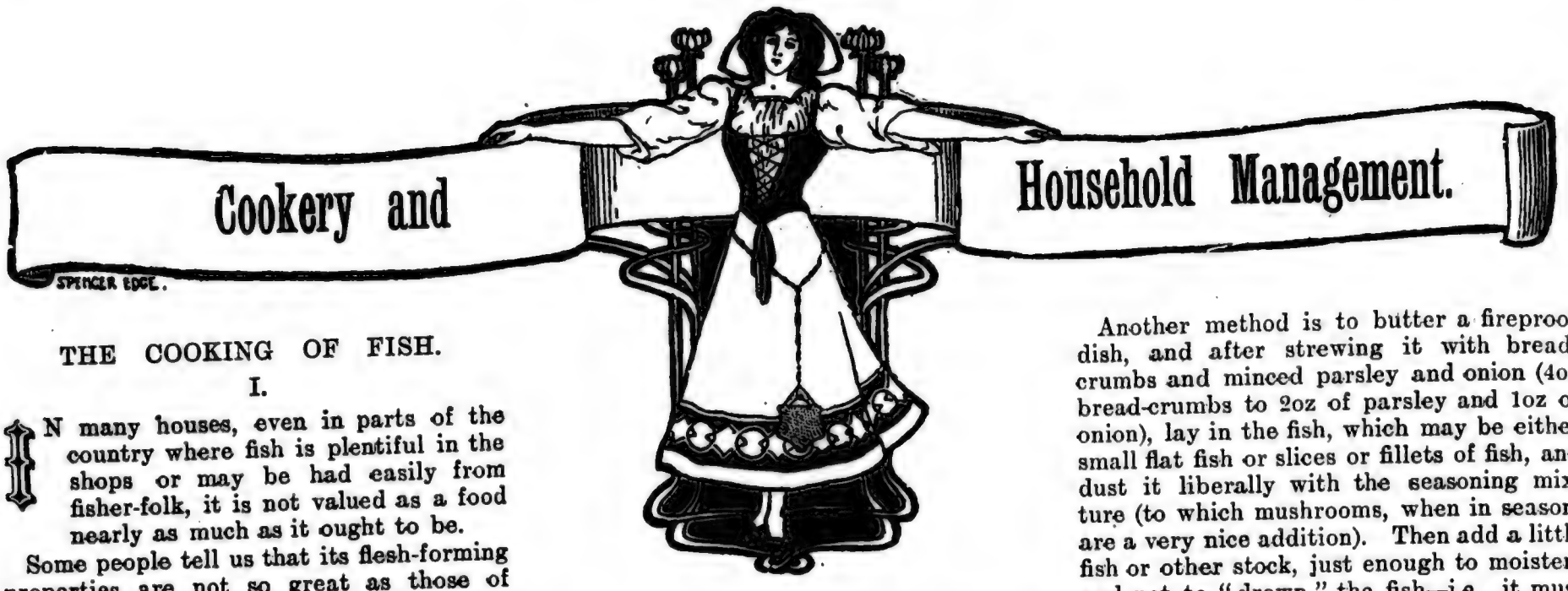
No. 5940. Handsome Afternoon Frock. Suitable for Indoor or Outdoor Wear.

For Description see pages 30 to 34.

Price of Paper Patterns, Corselet Skirt, 1s. 6½d.; Bolero 6½d., post free of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Worth Knowing.—Dr. Walcott, M.D., writes: "For irritation of the scalp, removal of scurf, and loss of hair I have used Hopgood's Nutritive and Sedative Hair Cream with unfailing success." Dr. Salter, M.D.: "I have witnessed its effects in restoring the hair to an extent truly surprising." Fifty years' success. Bottles 1s. 6d., 2s. 6d., and 3s. 6d., of all Chemists and Perfumers. Wholesale Agency, 51, Frith Street, London, W.

Beckenham, Kent.—"I have been a subscriber for seventeen years and think that your fashions are the best."—K. N.



THE COOKING OF FISH.

I.

IN many houses, even in parts of the country where fish is plentiful in the shops or may be had easily from fisher-folk, it is not valued as a food nearly as much as it ought to be.

Some people tell us that its flesh-forming properties are not so great as those of meat; but they forget that as a brain-food it is most valuable, and also that it is very easily digested, and therefore is very useful for children and old people, to say nothing of those unfortunate folk who suffer from dyspepsia.

If its use be recognised, it is still often neglected because people do not like it, and this, again, is often because it is not bought fresh, it is ill prepared, and worse cooked.

Now, it is an undeniable fact that every hour fish is out of the water it is steadily losing in nutritive properties; hence it behoves us to use our fish as fresh as possible, and to give no heed to town fishmongers, who, in order to sell stale fish, try to persuade us that it is "mellow." Fish is positively dangerous unless it is fresh, and a serious poison when it is really stale.

If, however, fish *must* be kept for twenty-four hours or more, which sometimes is unavoidable, it should be well scraped with a sharp knife to remove the scales, and then be split carefully, and as carefully cleaned. Every particle of blood must be removed from the inside, and the backbone must be scraped with a knife, and the fish rinsed and rinsed again, inside and out, if possible in running water. Then a little fine salt may be rubbed over it, inside, and it is ready to put in a cool place (quite DRY...NEVER in cold water) until it is wanted. Some people wrap it in a clean cloth freshly wrung out of salt and water.

Two other points to remember are that fish should never be stored near other food, and that fresh-water fish which has not been caught in running water should be steeped for a short while in water which has had a handful of salt and a gill of vinegar added to each quart, in order to remove the muddy flavour which now and then makes bream, carp, &c., unpleasant to the taste.

In buying fish the eyes and gills must be noticed; the latter should be rose-red in colour, and the former bright and clear; but it is also necessary to test by touch as well as by sight. If the flesh "gives" very little when pressed by the finger, and the fish is stiff, it is fresh. If it is soft, and has lost all curves, and lies flat, and flabby, and straight, it is emphatically stale.

Having chosen fresh fish, the next process is to cook it.

To bake, to boil, to broil, and to fry are the four most ordinary methods; but they are not always very successful from one cause or another. I give below the methods for the first three, reserving the last for a further article.

To BOIL FISH.—Just remember that the less water used the better is the fish; and next, that the pan or kettle should bear some proportion to the size of the fish to be cooked in it, because we only want two or three inches depth of water above the fish at the most. Were there more, flavour would boil out into the water instead of remaining in the fish.

The water must be quite boiling, and if two teaspoonfuls of salt and a tablespoonful of vinegar, or the juice of half a lemon be added to it, the colour of the fish and its firmness also will be much improved. The fish must be on a drainer (secured to it by a little tape or string if necessary), and after it is gently lowered into the water and let come to boil again (the temperature naturally has gone down when the cold fish was put in), then allow usually ten minutes to each pound of fish. Skim very carefully, or else the fish will be spoiled by dark specks of scum adhering to it when it is lifted out of the water to be dished. Do not boil furiously after the first boil up, but draw the pan aside and let it simmer gently only. Then push a wooden skewer into the thickest part, and if it comes out clean the fish is done. If it cannot be dished at once, on no account leave it in the water to keep hot, but raise it on the drainer above the pan. Cover it with a clean folded cloth, and hope for the best. The best will be a poor substitute for fresh serving; but second best is now and then our inexorable fate.

To BAKE FISH.—After cleansing fish, such as haddock, cod, ling, &c., an ordinary forcemeat may be used as a stuffing, and then, after skewering or sewing up the slit, the fish is placed in a baking dish, or tin, and may either be brushed over with egg and dusted with sifted bread-crumbs, or cooked plainly without crumbs, &c.; but it must be thoroughly basted all the time it is in the oven, either with butter or clarified dripping. Or fish may be baked in a pie-dish or a buttered baking dish, with enough milk to come up to its surface, but not to cover it.

Another method is to butter a fireproof dish, and after strewing it with bread-crumbs and minced parsley and onion (4oz bread-crumbs to 2oz of parsley and 1oz of onion), lay in the fish, which may be either small flat fish or slices or fillets of fish, and dust it liberally with the seasoning mixture (to which mushrooms, when in season, are a very nice addition). Then add a little fish or other stock, just enough to moisten, and not to "drown," the fish—i.e., it must come UP TO, but not OVER the fish—and bake in a moderate oven. Cheese may be used instead of the above mixture, and the stock may be enriched with a little wine or ketchup, or anchovy, or any other flavour which commends itself to the cook and is acceptable to the diners.

To BROIL FISH, score it deeply with a knife, cutting down to the bone; rub it with salad oil, and season it with pepper and salt. Then place it on a hot and greased grid over a perfectly clear fire, and cook it, quite close to the fire, turning it once in the process, until it is crisp and firm, and of a delicate golden-brown colour. Another way is to split the fish open and dust it with oatmeal, and then broil it on the grid. These are specially good ways of cooking herring and trout, or salmon steaks.

There are numberless other ways of cooking fish, and I will gladly, in correspondence, give recipes for dishes suitable for breakfast and supper. LETITIA HOPE.

ANSWERS TO CORRESPONDENTS.

Letters to be addressed to Mrs. Hope, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

CRICKET.—No, dear lady, we don't boil fish in cold water, to quote the Irishman. Have the water well salted and very fast boiling, and then put in the fish. Give it twenty minutes or so, I can't tell you to a minute, as the texture of fish varies so much; but watch carefully, and when the skin begins to crack the fish is cooked. Experience teaches in this, as in other things, more than the best treatise ever written. Certainly, write me again if I can help you. Nothing is "too trivial" that helps anyone along, so don't be shy!

MISTAKES IN RECIPES.—I am sorry—but did you distinguish between a "heaping" and a "level" spoonful? It would make all the difference in the world. A heaping spoon is as much as you can lift in the spoon, as much above it as in it. A level spoon is what remains after a knife has swept the contents of the spoon level with the edges. There is practically half as much only, in a level, as in a heaping spoon. Try again, bearing this in mind, and tell me how you succeed.—MUDDLE.

THE GAS STOVE.—Your stove needs cleaning, that is all. Remove the bars from the top and wash them in very hot soda and water; then blacklead them and the gas ring. Clean and polish all brass and steel work. Clean the oven shelves with hot water and soda, and the enamelled parts with a flannel dipped in salt. If you do not know the working of the gas stove yourself, consult the maker or the man who put it in. Make yourself thoroughly conversant with its mechanism, and then instruct your cook, who will probably think all the more of you because you really *know* what you are teaching.—SUN-DEW.

January 20.—"Of all the ladies' papers that are published 'Myra' is undoubtedly the very best."—M. H.

Prize Recipes and Household Hints.

NOTE.—All recipes and hints intended for competition must be sent to Mrs. Hope, 10 and 11, Fetter Lane, E.C. They should not be included in envelopes containing queries for other departments, as that entails considerable delay, and often causes the competing papers to reach Mrs. Hope too late for the Competition. Competitors must write their recipes or hints each on a separate sheet, and must put *their name and address* on each.

Mrs. Hope wishes it to be understood that she cannot enter into correspondence with regard to the Hints and Recipes Competitions.

She must further remind competitors that efforts which are not accompanied by a coupon are not considered at all, and that names and addresses of *prize winners* are always printed. All efforts are welcomed, but the rules must be kept, and competitors who write "please do not publish my address" must not expect to gain prizes.

PRIZE COOKERY RECIPES.

A prize of 2s. 6d. has been awarded for each of the four following Cookery Hints:—

Dutch Sweetbreads.—½lb fillet veal (after mincing), 1oz suet, 1½ozs breadcrumbs, 1oz butter, 1 pint stock, 1 whole egg and 1 yolk, salt, pepper, grated lemon rind, 2 or 3 tablespoons of milk. Soak crumbs in milk, squeeze lightly in corner of a cloth. Melt butter in pan, add crumbs, stir till they absorb all butter; put in meat, beaten egg, seasoning. Make into shape of small sweetbreads, dip in egg, then in breadcrumbs; fry in hot dripping. Drain, place in pan with about 1 pint stock; simmer from 20 to 30 minutes. Mix ½ tablespoonful flour with little cold water, stir into gravy, bring to a boil, add salt, lemon juice, and little browning if required. Dish up with gravy round. N.B.—Sweetbreads may be poached if liked instead of fried or stewed; if so, cook very gently.—Miss C. K. England, Mayor's Walk, Pontefract.

Afternoon Tea Cakes.—3oz butter, 6oz flour, 1 egg, 4oz castor sugar, essence of vanilla or almond, 1 teaspoonful baking powder, milk. Beat the butter to a cream, add sugar and egg (not beaten), dredge flour in, beating well, then baking powder, and, lastly, essence, with little milk. Pour into well buttered patty tins (half full) and bake in quick oven for fifteen minutes. When nearly cold place a preserved cherry on each. 2s. 6d.—Miss Lilian Smith, Meadowleigh, Emsworth, Hants.

Real Indian Curry.—Take the remains of leg or shoulder mutton, and cut into small chunks or squares. Fry two large onions in dripping (thinly sliced). When nicely browned, pour off fat. Mix in basin the following ingredients:—1 tablespoonful curry powder, 2 tablespoonfuls flour, 1 tablespoonful vinegar, 1 tablespoonful chutney, 1 breakfast-cupful stock or milk. Put the mixture into the saucepan with the onions, and let it boil. Then throw in the meat, which has been previously seasoned with salt and pepper, and let the whole simmer till the curry is a nice dark brown. Serve with rice.—Miss A. Hill, 8, Madison Terrace, South Cadeulah Road, Kilmainham, Dublin.

Savoury Toast.—Skin two medium sized Finnan haddocks and fry in butter, covering them with a plate to keep them juicy. While the fish is cooking, chop about a tablespoonful of onion very finely. When the haddocks are ready, put them on a plate and take all the fish off the bones, in the meantime frying the chopped onion in the juice which was left in the pan. Draw the frying-pan to the side and add the flaked fish, and season with cayenne and a little lemon juice if at hand. Moisten this mixture with cream (or milk) till of the consistency of buttered eggs; then heat thoroughly and spread very thickly on pieces of buttered toast, and garnish the dish with parsley. As a change, some buttered eggs may be put on top of the fish; or the fish can be mixed with buttered eggs and then spread on toast.—Miss Norah B. Munro, East Grange, near Forres, N.B.

SOME RECIPES COMMENDED AND RECOMMENDED.

Potato Scones.—Mash boiled potatoes till quite smooth, adding a little salt. Then knead out with flour or barley meal to thickness required. Toast on girdle, pricking them with fork to prevent blistering. Eaten with butter they are even superior to crumpets, and very nutritious.

Brown Scones.—½lb wholemeal flour, ¼lb butter, large teaspoonful of baking powder, 1 teaspoonful of castor sugar, pinch salt, a little milk. Rub butter well into flour, add other ingredients, mix into a stiff batter with the milk, pour into a round shallow floured tin, cut into eight divisions; bake in moderately hot oven about half an hour, till a crisp brown. Serve hot or cold.

Cookies.—Beat one egg and one cup sugar to cream. Work 2oz of butter soft, and beat it with egg and sugar. Grate in ¼ nutmeg, add 1 gill of milk, and prepared flour enough to make a sufficiently stiff paste to roll out—about a pound. Roll one eighth of an inch thick, cut out with cutter, and lay on floured baking pan, and bake 12 minutes in moderate oven.

HOUSEHOLD HINTS.

A prize of 2s. 6d. has been awarded for each of the four following Household Hints:—

To Make Paper Lamp Shades For Small Candlestick Lamps.—Take half a sheet of pink tissue paper and fold across to get a square. Cut the surplus piece off. Fold the square corner to corner till the paper is in quite a small compass, then draw it through the hand frequently to crinkle it, holding it by the centre of the square. Then unfold it slightly, and draw it through the hand again to make it crinkle more closely. Carefully open, and having cut a small piece off the top, put it over the lamp chimney and on to the porcelain shade. Do the same with a piece of white tissue, and put this on over the other, letting the corners of this come between the corners of the other. Then fold the pink strip in half, and gather it with coarse cotton along the line (unfolded). Tie this round the top of the shade, and make another frill of the white, and put it inside the other. A very pretty, cheap shade is the result, and more effective than ordinary crinkled lamp paper, as you cannot get the pretty corners in that.—Miss M. Salmon, Battle House, Goring-on-Thames.

Uses of Salt.—Salt in whitewash makes it stick. Salt on the fingers when cleaning fowls, meat or fish, will prevent slipping. Salt in the oven under baking tins will prevent their scorching on the bottom. Salt and vinegar will remove stains from china, paint, etc. Salt thrown on soot which has fallen on the carpet, will prevent stains.—Miss Douglas, Wilton Lodge, Queen's Crescent, Southsea.

Some Cake-making Hints.—When baking cakes the six undermentioned rules should be kept in mind: 1.—Warm the bowl in which they are to be mixed. 2.—Have the flour warm, also milk if needed. 3.—Roll or sift the flour and sugar. 4.—If baking powder is to be used, mix it with the flour. 5.—Beat the eggs well, also the whole mixture, before putting into the tins. 6.—When baked, set on a wire tray or a warm flat dish; keep them out of a draught or they will become heavy.—C. Paxton, 2, Duke Street, Darlington.

To Waterproof Boots and Shoes.—Cut an ounce of beeswax to pieces and melt it slowly; then add 1oz of turpentine and 1oz of Burgundy pitch. Put these in a jar and set in a saucepan of boiling water. When melting stir in half a pint of neat's foot oil, and, when well mixed, remove the jar and stir till nearly cold. Before going out in wet or snowy weather warm the boots slightly and rub a little of this composition over. In addition to making the boots waterproof, this preparation preserves the leather. To mothers it will prove welcome as a provision against the evil of their children sitting during school hours in damp shoes.—J. Timms, Gaydon Fields, Warwick.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
FOUR BEST COOKERY RECIPES.

FOUR PRIZES, EACH 2s. 6d.,
ARE AWARDED FOR THE
FOUR BEST HOUSEHOLD HINTS.

HOUSEHOLD HINTS COMMENDED AND RECOMMENDED.

A Hint Worth Trying.—A very satisfactory way of holding on a hat without riddling it with hatpins: take a piece of velvet about half an inch wide, and fasten this firmly at each end to the inside front of the crown, taking care to keep the velvet tightly stretched. When putting on the hat pin this piece of velvet to the front hair with a hairpin. This method answers the same purpose as half a dozen hatpins, and prevents the hat falling over the forehead.—Sussex.

Never throw away old velveteen or plush. The former is invaluable as a polisher for silver, copper, &c., and the latter is unsurpassed for polishing grates or door brasses.

Save all candle ends and drips, keep in a basin, which, when half full, cover with spirits of turpentine, and leave to soak in a fairly warm place. In a couple of days you will have an excellent paste with which to polish linoleums, stained floors, &c.—Colwyn Bay.

How to Wash Silks.—Prepare some soap jelly by shredding soap finely and dissolving it in boiling water. *To Wash Silk.*—To a bowlful of lukewarm water add enough soap jelly to make a lather, and wash silk by squeezing. Rinse in lukewarm water, with salt in if coloured, to prevent colour coming out. Then in cold water, to which has been added a tablespoonful of methylated spirit. This will make the silk bright. If dead white, add a little blue to the cold water also. Roll in cloth and then iron. *To Iron Silk.*—Iron under a cloth first with moderately warm iron to prevent discolouration. Then iron silk on both sides till dry, finishing on right side. Air. Black silk will be made a better colour by putting it through strong tea and blue water after washing.—Pontefract.

Flour sprinkled on burning oil will at once extinguish it.

Hot liquid may be poured with safety into any glass vessel by holding it up in the hand and not allowing it to rest on the table.

Cookery Recipes and Household Hints
PRIZE COMPETITION

To provide our readers with interesting and original recipes for Cooking and Hints for the Household, we are offering:

FOUR PRIZES, 2s. 6d. each,
for the Six Best Cooking Recipes, and

FOUR PRIZES, 2s. 6d. each,
for the Six Best Household Hints.

Competitors must send in their Recipes and Hints on or before March 15, addressed to "Mrs. Hope, Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

One or both the coupons below must be sent in with the Recipes or Hints.

Competitors must write their Cookery Recipes and Household Hints on *separate sheets*, and put their name and address on each. The sheets can then be pinned together with each coupon.

COOKING RECIPES.
MARCH, 1906.

HOUSEHOLD HINTS.
MARCH, 1906.

The Result of the Competition will be published in the May number.

"I have used other fashion books also in my business, but my opinion is that the garments made from 'Myra's' designs and patterns remain longer fashionable than any others."—A. Braidwood, Glasgow.

Descriptions of the Illustrations.

A Tucked Morning Blouse.

No. 5882, **Page 8.** A tucked and box-pleated back and two tucked and box-pleated fronts of Viyella (tucks and pleats wheelmarked on pattern) arranged into a two-piece basque. Band collar with added revers. Silk tie crossed with straps of the Viyella down the box-pleat. Puff sleeve gathered into a strapped lower sleeve. 31-inch materials, 4 yards.

A Ninon Afternoon Blouse.

No. 5883, **Page 8.** A back and two fronts of ninon, the right front cut with a full panel, gathered on a lining yoke. Revers collar of ninon, lace insertion, and a decoration of lace frills. One-piece sleeve of ninon tucked to flat pattern, gathered on a smaller lining into a ninon lower sleeve tucked to flat pattern. Soft satin belt draped on bones. 45-inch ninon, 3 yards.

A Gathered Blouse.

No. 5884, **Page 8.** To match a skirt. A full back and two full open fronts of cashmere, gathered on a three-piece yoke in lining, decked with galon. Silk-lined vest and collar of lace and lace jabot. Galon edges the fronts of blouse. Draped elbow sleeve gathered on a smaller lining, with fitted lace lower sleeve. 46-inch cashmere, 2 yards. Velvet bows and metal buttons.

A Silk Afternoon Blouse.

No. 5885, **Page 8.** A back and two fronts trimmed with lace flounces, the lower part of fronts pleated into an added front pleat, which is edged with lace. The back is pleated into the added basque. Lace edges the neck. Pleated sleeve on a smaller lining, with lace frills. 22-inch silk, 6 yards.

Blouse of Tucked Horrockses' Flannelette.

No. 5886, **Page 9.** The pattern is in five pieces—half the tucked back, the tucked right front (cut with double box-pleat), one sleeve, tucked to fit lower arm, half the collar band, half the basque. The box-pleat and tucks are wheelmarked on front, sleeve and back patterns. Lay the pattern pieces on 4 yards of 29-inch flannelette, which is opened out and is doubled, so that front basque and sleeve are cut in duplicate. The single material is folded (selvedges meeting), the back centre of back laid on the fold. A space should be marked out for the lacking half of the collar, which is supplied with button-holes to hold the studs of the detachable linen collar. Left front is cut without box-pleat. Straps on tucks and wrists come out of the waste. Arrange the tucks and pleat. Narrow straps are buttoned across the tucks, held with buttons. Tack together the back and fronts. Arrange into the basque; try on. Make buttonholes down the box-pleat, hem the left front, and sew the buttons down the hem. Seam the side seams (run-and-fell seams). Hem the basque's lower edge. Seam on the band collar according to the notch. The sleeve is seamed inside with a fell seam. Gather the top of sleeve into the armhole and bind the seam for neatness. For patterns of Flannelette send to Christopher Williamson, Maddapolam Department, 91, Edgware Road, W.

A Draped Evening Blouse.

No. 5887, **Page 9.** Suitable for remnants. Sleeve and draped bolero look well matching skirt. Cut a bodice lining with three-piece front, to close on left of centre panel. Tack, fit, seam, bone, leaving only side and shoulder seams. Drape with a vest of lace, and a wide belt of velvet or satin. Veil the rest with a draped bolero—back and two draped fronts—of soft silk, voile, &c. Finish seams. Collar of lace. Elbow sleeve of bolero material on a smaller lining, edged with velvet faced cuff and a lace frill. Velvet belt closes under the arm. 46-48-inch material, 2 yards.

Blouse of Spotted Net.

No. 5888, **Page 9.** Two backs and double front of net, arranged into a yoke of lace, which is much deeper in front than at the back. Collar of lace. One-piece sleeve of net, tucked to flat pattern, gathered on a smaller lining, edged with lace frill. Soft satin belt draped on bones. 45-inch net, 2 yards; 18-inch piece lace, 1 yard. For patterns of piece lace and net, send to Messrs. Peach, Lister Gate, Nottingham. Front and back tucks are wheelmarked on front and back patterns.

A Dainty Blouse of Silk Muslin.

No. 5889, **Page 9.** A back and two fronts, tucked on shoulder (tucks wheelmarked on front and back patterns). Blouse fastens with tiny hooks and worked loops on left of added vest, which is tucked to flat pattern. Collar is also tucked to flat pattern. Basque is cut with blouse. Edge fronts with lace. Wear over an underslip of silk—back, two sides, two fronts, without sleeves. One-piece sleeve. It is draped in two puffs on a lining, edged with a lace frill. 44-inch muslin, 2¼ yards.

Charming Blouse of Soft Black Silk,

No. 5890, **Page 9.** A full front and two full backs, gathered into a Vandyked and lined three-piece yoke, which is embroidered with ribbon and sequins. Soft belt of the same, draped on bones. Skirt should be of same silk. The yoke is headed by a transparent three-piece chemisette of white lace, finished by a sequin dotted black silk band. French knots or beads can replace sequins. Beautiful draped sleeve of the silk, with elegant bow of the same, and a white lace frill. 22-inch silk, 5 yards. For silk patterns, send to Messrs. Samuel Lewis's, Holborn Silk Market, Holborn Bars, E.C.

A Pleated Skirt and Dainty Strapped Coat.

No. 5891, **Page 10.** Charming model for white serge. For patterns, send to Lutas Leathley, Department 40, Armley, Leeds. The skirt pattern is in four pieces—half the pleated front, two pleated sides, one pleated back. Pleats, wheelmarked on pattern, are stitched down. Pleats meet at back and front. Lay the pattern pieces on 5 yards of 42-48-inch material. The material is doubled, selvedges meeting, front centre laid on fold so that it is cut in one piece, the other pieces being cut in duplicate. Tack together front, sides, and backs. Arrange the pleats. Try on. Then stitch and press the seams, and stitch down pleats. Hem the lower edge. Make the opening at back or in the left tablier seam. Fell over its edges with glacé silk, and sew on glove-stud fasteners. Bind the top edge. Wear over the five-gore foundation skirt, edged with shaped flounce (pattern in one piece, half the flounce). Smart little coat—a back, 4 sides, 2 two-piece double-breasted fronts (faced with the material). Line with white silk or polonaise. Straps simulate collar. Metal buttons. The original sleeve, with smartly strapped cuff, is

Nos. 5941 and 5942. No. 5943. Nos. 5944 and 5945.

No. 5946. Nos. 5947 and 5948. No. 5949.

THREE-QUARTER LAYETTE FOR THE MONTH-OLD BABY.

For Descriptions see Page 25.

Price of Paper Patterns, each 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Miss S. B. writes:—"I have found the competitions very interesting, and am more than delighted with my prize."

arranged on a smaller lining. Lace sleeve frill. 42-48-inch serge, 3 yards.

Walking Gown with Corselet Skirt and Bolero.

No. 5892, Page 10. Corselet skirt and bolero should be of the same fabric; they can be worn together over any front, or skirt alone can be used with any blouse. In this model the corselet skirt and the bolero are both of face cloth. Skirt is cut on the principle of the nine-gore skirt, corselet and skirt in one. Front panel has lapped seams (lap given in pattern). Line to hip and bone with care. Wear over a five-gore foundation skirt (edged with stiffened shaped flounce). 52-inch cloth, 6 yards. Metal buttons. Coat of the cloth—a back and two fronts, tucked on the shoulder (tucks wheelmarked on pattern). Draped elbow sleeve. Trim with silk braid and face cuff with the material. Velvet buttons. 52-inch cloth, 2 yards.

Elegant Tailor Gown With Three Quarter Length Coat.

No. 5893. Page 10. Excellent model for Pirle-finished pale grey tweed. Five gore skirt. Wear over a five-gore foundation skirt. The elegant coat of the skirt material has a back, four sides, two single fronts. Stitch and press the seams after fitting. Interline fronts with lino and face with the material. Line with silk or polonaise, cut on coat pattern, but seamed apart, the edges slipstitched to stitched coat edges and front facings. Collar faced with the material, and has a second slip-stitched facing of velvet. Added pocket flaps—two on basques, one on left front. Two-piece sleeve, with stiffened cuff, faced like collar. Metal buttons, 54-inch material, 7 yards.

A Flounced Skirt with Belted Coat.

No. 5894, Page 11. The skirt is in three pieces, with tablier cut in one with the shaped flounce. Skirt is scalloped over the flounce, which it joins with lapped seam. Good model for B.B. face cloth. For patterns send to Best's Dress Goods Co., Bradford; they pay the carriage both ways. The pattern is in two pieces—half the tablier (cut with flounce) one scalloped side. Lay the pattern pieces on 4½ yards of 52-inch material, which is opened out and doubled beneath the side and part of the flounce pattern, so that each is cut in duplicate. The single material is folded over (selvedges meeting), the front centre of front laid on the fold, so that it is cut in a single piece with part of flounce. The side breadth is fitted with a small dart. Tack the darts and seams. Leave the opening in the left tablier seam. Try on. Stitch and press the seams, also lap of opening. The top is bound, and closes on the left with two bent hooks and eyes. Fell the lining over the opening turnings, and close with glove-stud skirt tapes. The pocket can be inserted in this seam. Belted coat of the skirt material—a back and two crossed fronts, an added scalloped basque, a revers collar faced with braided cloth. Velvet ribbon belt supported on bones. Coat closes at waist only. Line with silk. One-piece sleeve of the cloth on a smaller lining, with cuff matching collar. 52-inch cloth, 2½ yards.

A Short Spring Coat.

No. 5895, Page 11. Can match the skirt or be of putty cloth. Coat has a back, two fronts, added revers (faced velvet), three pèlerines (unlined), two-piece gigot sleeve, with two added under cuffs. Velvet buttons. Line with silk or polonaise. 52-inch material, 3 yards.

Smart Bolero (to Match a Skirt).

No. 5896, Page 11. A back and two fronts, trimmed with straps of braid and silk drops. Velvet straps, held by steel buttons, and smart collar, stiffened and lined with velvet. Large draped elbow sleeve on a smaller lining with stiffened cuff, strapped with velvet. 48-inch material, 2½ yards. Line with silk or polonaise.

Two-piece Skirt and Eton Coat.

No. 5897, Page 11. Two-piece bell skirt, seamed back and front. Either wear over a separate five-gore foundation skirt, or line with mercerised sateen. Opening at back. The simple little Eton coat of the skirt material has a back, two fronts, two added revers, a one-piece collar. Stitch and press seams after fitting. Line with silk or polonaise, cut on coat pattern, but seamed apart. The edges are slip-stitched to stitched edges. Revers are faced with the material, and with scalloped white cloth finished with silk braid. Collar is faced with white. One-piece sleeve, on a smaller lining, with shaped frill cuff, faced like revers. Chiffon sleeve frills. 52-inch cloth, 6 yards.

Charming White Wincella Dressing Jacket.

No. 5898, Page 12. Fine white Wincella is now a great rival to nun's veiling and silk as an "cutfitting" material. Sacque jacket—a back and two fronts, a one-piece collar, a one-piece sleeve. Sleeve is gathered into a band of woollen torchon. Jacket closes at the collar, and is striped with the woollen torchon insertion. A frill of the embroidery edges jacket, and forms a coquillé up the right front. 42-inch Wincella required, 5 yards. For patterns, send to J. D. Macarthur, Ayr, N.B.

An Embroidered Cache Corset.

No. 5899, Page 12. Could be used as an underslip for transparent blouses. Good model for fine Indian longcloth. Three-piece bodice—back and two fronts, buttoning in front beneath a stitched strap. Added one-piece basque. Fronts are embroidered, the neck scalloped and worked, cut in worked slots run with narrow ribbon. 36-inch longcloth, 1 yard. For patterns of this beautiful material, send to Christopher Williamson, Maddapollam Department, 91, Edgware Road, W.

Embroidered Knickers.

No. 5900, Page 12. To match Nos. 5899 and 5901. Cut in two pieces, with wide hems at the open crossed backs, arranged into a shaped band. Wide embroidered frill. 36-inch material, 3 yards.

Embroidered Chemise.

No. 5901, Page 12. To match No. 5899. Two-piece chemise, the front embroidered. Neck and armhole scalloped and embroidered, the neck cut with worked slots, which hold the ribbon runner. 36-inch material, 3 yards.

Pretty Nightdress of Horrockses' Fine White Flannelette.

No. 5902, Page 12. For patterns of flannelette, send to Christopher Williamson's, Desk 10, 91, Edgware Road, W. A back and front, the front slit for an opening and tucked (tucks wheelmarked). Added corners must eke out the width of

FOR ARTISTIC NEEDLEWORK.

1¾d. per Ball.

OSOSILKIE is a new thread of the most beautiful brilliancy. **Looks like Silk** at a fifth part of the cost. **Will Wash Equal to Silk,** and retains its lustre. Made in three sizes, "Fine," "Medium," and "Fancy Twine," in a grand variety of colours. Also in **Pure Lily-White,** in six sizes, from Extra Fine to Extra Stout. **Ask your Fancy Draper** or Art Needlework Stores for this beautiful lustrous yarn, also for full particulars of **4th GRAND PRIZE COMPETITION. £76 CASH PRIZES.**

If any difficulty in procuring, write us enclosing six penny stamps, and we will send you post free, beautiful Shade Card showing 100 Colours in which **OSOSILKIE** is stocked, together with samples of the various sizes in which it is made, and at the same time we will give you name of nearest stockholder.

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The "R.S." Patent Reducing

CORSET,

With Elastic Abdominal Belt,

Will improve every figure. Not only reduces, but prevents any tendency to corpulency or high figure. Affords strong binding support without pressure. Instantly adjusted.

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Real **10/6** *Whalebone.*

Sizes stocked 19 to 36 inches.

Over 30 inch waist 4d. per in. extra

Made to fit any figure, and should stock sizes not fit, we exchange and make with any alterations, 1s. 6d. extra. Sample sent to any lady, post free, upon receipt of waist size and P.O. Abroad orders 1s. 6d. extra.

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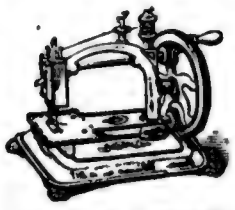

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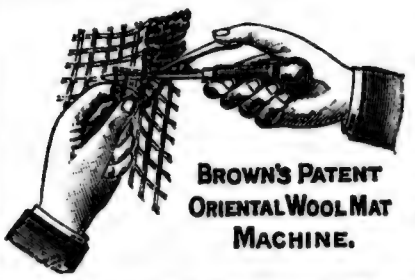

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the material. One-piece sleeve gathered to form a frill with a band of woollen torchon lace. Frill is finished with torchon edging. One-piece collar, striped torchon, finished with a lace-edged flannelette frill. 29-inch material, 6½ yards. Excellent model for white cashmere.

Evening Chemise of Nainsook.

No. 5903, **Page 12.** Two-piece chemise, the front tucked (tucks wheelmarked on pattern) into a yoke of nainsook and lace insertion. Nainsook is cut with worked slots, which hold the ribbon runner. Neck and armhole are edged with narrow lace. 36-inch material, 3 yards.

Evening Combination of Nainsook.

No. 5904, **Page 12.** It cuts best out of yard-wide or double-width material; 29-inch material requires to be eked out with added corners. The pattern is in three pieces: half the combination, half the one-piece back, half the vest (tucked to flat pattern). Lay the two pattern pieces on 3½ yards of material, which is opened to its full width and doubled, so that the combination is cut in duplicate. A space should be marked out for the lacking half of the one-piece back. Seam together back and fronts at the single notch seam. Add the vest. The combination should be tried on to get an easy fit. The legs are seamed from the double notches to the lower edge. The fronts are seamed together for about six inches from the double notch upwards. Trim with lace insertion and edging. The front edges are then protected by stitched straps, which hold the buttonholes and small buttons. The backs have wide false hems added from the top edge to the double notch. Then the top edges are gathered into the back as far as the double notch, these seams being protected by a stitched longcloth band, which also covers the tops of the wide false hems which lap well over each other. Neck is finished with beading and lace. The legs are tucked (tucks wheelmarked), and are arranged into lace bands to which the lace frill is gathered. For nainsooks, send to Christopher Williamson, Madapolam Department, 91, Edgware Road, W.

Evening Cache Corset.

No. 5905, **Page 12.** To match No. 5904. Could be used as an underslip for transparent blouses. Four-piece bodice—back, added tucked vest (tucked to flat pattern), and two fronts, buttoning in front with a stitched strap, gathered into a waistbelt. Neck is edged with a band cut in worked slots run with ribbon. Edge neck and armhole with lace. 36-inch longcloth, 1 yard.

Girl's Afternoon Frock.

No. 5906, **Page 14.** A full skirt of cashmere (5 gores(decorated with added tucks (doubled bias bands). Cut a bodice lining—back, two sides, 3-piece front. Tack, fit, seam, all but side and shoulder seams. Veil with a velvet vest, a tucked back, and two crossed tucked fronts (tucks wheelmarked on pattern). Velvet buttons, velvet collar. Velvet lower sleeve arranged on a lining which has a puff and stiffened cuff of the cashmere. 42 inch material, 5 yards.

Girl's Three-Quarter Spring Coat.

No. 5907, **Page 14.** It is fitted into the waist and has a strap belt at back and sides. Good model for putty cloth or coating. Line with white polonaise cut on coat pattern, but seamed apart. Face collar with the coating or white satin, embroidered with ribbon bouillonnés. One-piece sleeve, with cuff faced like collar. 54-inch coating, 3½ yards.

Girl's School Skirt and Blouse.

No. 5908, **Page 14.** Five-gore skirt of serge (send to Lutas Leathley, Department 40, Armley, Leeds, for patterns). Skirt has lapped seams, and is unlined. 42-45-inch material, 3½ yards. Pleated blouse of Viyella—a pleated back and two pleated fronts, right front cut with central box-pleat. Small metal buttons. A band collar holds the detachable linen collar. Puff sleeve with deep cuff. 31-inch material, 3¾ yards.

Girl's Smart Frock.

No. 5909, **Page 15.** Full five-gore skirt of Jap silk, trimmed with pleatings of the same. Cut a bodice lining—back, sides, 3-piece front. Veil front centre with a tucked chemisette of net (tucked to flat pattern), the rest with a back and two crossed fronts of silk. Lace collar edged with a net pleating. Draped net band collar supported by small bones. Puff sleeve of silk on a lining, with lace lower sleeve. 21-inch Jap silk, 14 yards. Send to the Holborn Silk Market, Holborn Bars, E.C., for patterns.

Spring Coat for a Little Girl.

No. 5910, **Page 15.** Of red Wylwyrwell cloth (send to Lutas Leathley, Department 40, Armley, Leeds, for patterns). A back and two single-breasted fronts, two capes, one-piece sleeve, cuff. Stiffen fronts with an interlining of lino and face with the cloth. Close with buttonholes (made in right front) and handsome metal buttons. The coat is unlined, the seams and facings bound for neatness. Edge pèlerines with stitched shaped bands (cut on cape patterns). 42-45-inch material for a girl of five, 2½ yards.

Girl's School Suit of Wylwyrwell Tweed.

No. 5911, **Page 15.** For patterns of this cheap and excellent tweed send to Lutas Leathley, Department 40, Armley, Leeds. Five-gore skirt, unlined, trimmed with grey braid. Smart sacque coat. A back and two fronts, 2-piece sleeve, 1-piece collar . Unlined, the seams are bound open and the fronts are faced with tweed. Trim collar and sleeves with braid. 42-48-in. tweed for a girl of twelve, 4 yards.

Pelisse for a Baby Boy.

No. 5912, **Page 15.** Smart model of white cashmere, silk lined. For patterns of cashmere, send to Best's Dress Goods Co., Bradford. Back and two fronts are pleated into a small one-piece yoke. Large collar, embroidered and edged with cord. One-piece sleeve gathered into an embroidered cuff. For a baby of eighteen months to two years, 46-inch cashmere, 2 yards.

Silk Pelisse for a Baby Girl.

No. 5913, **Page 15.** Excellent model for white bengaline lined white Jap silk. If required warmer, white domet can be placed between silk and lining. A one-piece yoke holds the circular skirt (pattern in one piece). Small coat sleeve, trimmed like cape. One-piece scalloped cape, edged with a silk or chiffon pleating, headed by lace motifs. One-piece collar. 22-inch bengaline, for a child of 11-12 months, 4 yards.

Girl's Afternoon Frock.

No. 5914, **Page 15.** Sun-ray skirt of soft blue serge worn over a sateen foundation. A square of material has the waist marked out in centre. Send the material to the Wanzer Pleating Co., 20, Market Place, Oxford Circus, W. Hem the skirt after it is pleated and mounted, so as to secure correct length. Tucked blouse, tucked front and back, right front cut with box pleat, arranged into a one-piece American yoke. One-piece sleeve with wristband. Metal buttons. Detachable collar and cuffs of lawn. Double-width material, for a girl of ten, 5 yards.

Boy's Linen Nursery Suit.

No. 5915, **Page 15.** Looks well in butcher blue, with red leather belt and red silk tie. Two-piece knickers (opening up the sides, buttoned on to the stays). Double-breasted tunic (on the principle of the Free Pattern, page 21). For a boy of three-four years, 36-inch linen, 2½ yards. For patterns of linen, send to Robinson and Cleaver, Belfast.

A White Straw Hat.

No. 5916, **Page 16.** It is trimmed with big bunches of flowers and a drapery made up of green ribbon loops.

A Black Chip Hat.

No. 5917, **Page 16.** Bundles of red flowers trim the back and right side. Black and red quills. Buckle of gold and jet.

Hat of Fancy Green Straw.

No. 5918, **Page 16.** It is trimmed with shaded green tips and a drapery of green chiffon.

Hat of Grey Fancy Straw.

No. 5919, **Page 16.** The only trimming is a drapery round the crown of grey chiffon. On the right are two grey feathers and a bunch of crimson velvet flowers.

Smart Hat of Grey Chip.

No. 5920. **Page 16.** With "pottle" crown, draped with grey bengaline. Bunch of pink roses and two grey plumes on the right. At the back is a steel buckle as long as the crown is high.

A Tucked Ninon Blouse.

No. 5922, **Page 17.** A tucked front and two tucked backs of ninon (tucks wheelmarked on pattern) are arranged into a three-piece yoke of net, outlined with lace appliqués. Blouse fastens with tiny hooks and worked loops down the back. Collar (of net) is tucked to flat pattern, and hooks at back. Wear over an underslip of silk—back, two sides, two fronts, without sleeves. One-piece tucked sleeve. It is gathered in a puff on a lining, with lace-decked lower sleeve, tucked to flat pattern. 45-inch ninon, 3 yards.

A Tucked Silk Blouse, Trimmed with Valenciennes.

No. 5923, **Page 17.** The pattern is in five pieces—half the tucked back, the right tucked front (cut with central box-pleat), half the basque, one gigot sleeve (pleated to fit wrist), half the band collar. Tucks and pleat are wheelmarked on front, sleeve and back patterns. Lay the pattern pieces on 5 yards of 22-inch bengaline, which is doubled, so that front, sleeve, cuff and basque patterns are cut in duplicate. The back centre of back pattern is laid on a fold. Make the tucks. Trim them with Valenciennes. Arrange pleat, and cover it with coarser lace, edged with Valenciennes. Tack together the back and fronts. Arrange the blouse into the two-piece basque. Try on. Seam the seams (run-and-fell seams). Stitch the seam of junction between basque and blouse neatly, and hem the basque all round. The back edges of the basque can be seamed, or left open and hemmed. Make buttonholes in a double-band sewn under the box-pleat, and sew buttons down the left front's hem. Band collar is of lace. The tucked and trimmed sleeve is seamed inside with a fell seam. Gather the sleeve into the armhole, and bind the seam for neatness. Belt of draped satin, supported on bones.

Blouse of Spotted Voile and Suspender Corselet Belt.

No. 5924, **Page 17.** Blouse has a full front and two full backs gathered on a 3-piece square yoke of lining. It is edged at the neck with black lace. Puff sleeve gathered to form a frill on a smaller lining, with second under frill. Drapery of black velvet ribbon. Double width voile, 3 yards. Shaped 3-piece belt of black silk, stiffly lined and boned, hooking at back beneath a bow. Front and backs are cut with suspenders seamed on shoulder. Pipe the edges. 22-inch silk, 1½ yards.

Satin Bridge Coat or Bodice for an Evening Dress.

No. 5925, **Page 17.** A back and two fronts, draped on a lining which reaches the waist. Added one-piece basque of silk-lined satin. Vest is of draped net. Berthe of silk Irish crochet, with drapery of ribbon. Close with hooks and eyes. One-piece elbow sleeve draped on a lining with lace frill and underfrill of chiffon. 22-inch material, 4 yards. For the satin, send for patterns to Messrs. Samuel Lewis, the Silk Market, Holborn Bars, E.C.

A Broché Bridge Coat.

No. 5926, **Page 17.** A back and two fronts, draped on a fitted lining which reaches the waist. Added shaped basque (lined silk). Fronts close with velvet ribbons over a plastron of coarse lace. Double revers of lace and embroidered satin, with berthe drapery of chiffon. One-piece elbow sleeve arranged on a lining, edged with stiffened satin-faced cuff. Lace sleeve frills. 22-inch broché, 6 yards. For patterns of broché send to the Holborn Silk Marke; they have very handsome ones at very low prices.

Tailor Costume with Belted Coat.

No. 5930, **Page 22.** Two-piece bell skirt, the front seam stitched for ornament. Good model for B.B. face cloth. For patterns send to Best's Dress Goods Co., Bradford; they pay the carriage both ways. The pattern is in one piece—half the skirt. Lay the pattern pieces on 4 yards of 52-inch material, which is opened out and doubled so that it is cut in duplicate. The side is fitted with a small dart. Tack the darts, the front and back seams. Leave the opening in the back seam. Try on. Stitch and press seams. Line skirt. The top is bound, and closes on the left with two bent hooks and eyes. Fell the lining over the opening turnings, and close with glove-stud skirt tapes. The pocket can be inserted in this seam. Belted coat of the skirt material—a back and two crossed tucked fronts (tucks wheelmarked on pattern). Added one-piece basque, lined satin, with draped satin ribbon belt supported on bones. Added waistcoat fronts of braided cloth. Revers collar edged galon or braiding. One-piece sleeve of

"I thought I must write to tell you how very pleased I am with the skirt pattern you sent me."—E. H.

the cloth on a smaller lining, with galon-trimmed cuff. Bias bands of broché can replace galon. 52-inch cloth, 2¾ yards.

Corselet Skirt and Bolero.

No. 5931, **Page 22.** Corselet skirt cut in lining and B.B. face cloth—two backs, four sides, a 3-piece front. Lining reaches only to hip (as far as the bones), and the gown is worn over a separate foundation skirt. Lapped seams, developing in front into pleats. Close on left of centre panel. Invisible hem, felled from back. Bone with care. Close with hooks and eyes. Three-piece bolero of cloth, lined silk. Double collar of cloth and velvet. One-piece sleeve, with double cuff of cloth and velvet. 52-inch cloth, 8 yards.

Pleated Tailor Gown with the New Pélerine.

No. 5932. **Page 22.** Five-gore full skirt of B.B. Cashmere, tucked to fit waist (tucks wheelmarked on pattern). Make quite apart from the five-gore foundation skirt, which is edged with a shaped flounce (lined with lino to give firmness). The pélerine, to match, has a back and front seamed on shoulder, but cut in one with wing sleeve. Line with satin, showing in revers facings, and trim with buttons supplied with false buttonholes of cord. Face collar with velvet. 42-46-inch cashmere, 6½ yards. Send for patterns to Best's Dress Goods Co., Bradford, who will pay carriage both ways.

Lovely Empire Tea Gown.

No. 5933, **Page 22.** The lining has a five-gore skirt, arranged into a 3-piece bodice, closing on the left. Veil with a full seven-gore skirt of Oriental satin. Bodice is veiled with a chemisette of satin, and a draped back and two fronts, supported by shaped pieces of stiffened brocade. Close with hooks and eyes. One-piece sleeve of satin draped on a smaller lining, with added shaped frill. Trim with bands of brocade. 20-inch silk lining, 15 yards; 22-inch satin, 18 yards. For patterns of satin, etc, send to Holborn Silk Market, Holborn Bars, E.C.

Tea Gown or Bridge Frock of Silk Voile.

No. 5934, **Page 23.** Five-gore foundation skirt of silk or silk moirette, edged with a pleated flounce. Overskirt (four breadths) of double-width silk voile, made quite apart, gathered into the waist. Trim the edge with an appliqué of white lace. A similar band trims the skirt some inches above, merging into bands up back and front seams. Cut a bodice lining, back, four sides, a three-piece front to hook on left of centre panel. Tack, fit, seam, leaving only the side and shoulder seams. Cover back and front centres with lace. Veil with two draped backs and two draped fronts of the skirt material. Finish the seams. One-piece sleeve of the voile (edged with a ruche), draped on a smaller lace sleeve. 42-inch material, 9 yards. For patterns of double-width silk voile send to Best's Dress Goods Company, Bradford, who will pay carriage of patterns both ways.

No. 5950. Boy's Spring Coat.

For Description see Pages 30 to 34.

Price of Paper Pattern, 6½d., post free, of Madame Myra, *10 and 11, Fetter Lane, E.C.*

Charming Indoor Gown of Cashmere, Crepe, &c.

No. 5935, **Page 23.** Suitable for any of the thin new woollen materials (send to Messrs. Nicholson's, St. Paul's Churchyard, for patterns). Full five-gore skirt, edged with a bias band of velvet. Wear over a five-gore foundation skirt. Cut a bodice lining with three-piece front, to close on left of centre panel. Tack, fit, seam, bone, leaving only side and shoulder seams. Drape with a full vest of spotted silk. Veil the rest with a back and two draped fronts, which hook edge to edge. Finish seams. Collar of velvet, decorated with appliqués of lace. Draped silk band collar, mounted on small bones. Draped elbow sleeve on a smaller lining, edged with a double ruche of the material and a lace frill. Silk lower sleeve. 46-48-inch material, 8 yards.

Tailor Gown for Outdoor or Indoor Wear.

No. 5936, **Page 23.** Five-gore full skirt of B.B. fine coating, pleated (pleats wheelmarked on pattern), made quite apart from the five-gore foundation skirt, which is edged with a shaped flounce. Cut a bodice lining with three-piece front, to close on left of centre panel. Tack, fit, seam, bone, leaving only shoulder seams. Drape with a belt of velvet. Veil the rest with a bolero back and two bolero fronts, which hook edge to edge. Finish shoulder seams. Collar of velvet. Draped lace collar, mounted on bones with lace ends. Cord brandenburghs. Draped elbow sleeve on a smaller lining veiled with lower sleeve of velvet. 54-inch material, 7 yards. For patterns send to Best's Dress Goods Co., Bradford. Lace tie.

Useful Pleated Skirt and House Blouse.

No. 5937, **Page 23.** Capital model for Lutas Leathley's Wylwyrwell Face Cloth (send for patterns to Lutas Leathley, Dept. 40, Armley,

Creamy Plasmon Oats. Delicious Plasmon Cocoa.
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Leeds). A tablier arranged in a double box-pleat (pleats wheelmarked on pattern), two big circular sides. Wear over the five-gore foundation skirt. Blouse has a back, two fronts, two added fronts (these, cut with yoke, should be lined), a velvet cuff, an added revers of velvet, a small collar of the cloth, a one-piece gigot sleeve. Metal buttons. 43-inch material, 7 yards.

Handsome Afternoon Frock.

No. 5940, **Page 27.** Smart model for face cloth, trimmed with velvet ribbon and fine silk braid or all braid. Corselet skirt is cut on the principle of the nine-gore skirt, corselet and skirt in one. Line to hip and bone with care. Wear over a five-gore foundation skirt (edged with stiffened shaped flounce). Edge top of corselet with velvet ribbon or wide silk braid. 52-inch cloth, 6 yards. Coat of the cloth: a back and two fronts. Line with silk. Edge with wide braid and embroider with very narrow braid. Draped elbow sleeve on a smaller lining, with lace-edged chiffon frills. 52-inch cloth, 1¾ yards. Wear over a blouse of spotted silk muslin.

Boy's Spring Coat.

No. 5950, **Page 33.** A back and two double-breasted fronts of coating. Face fronts with coating. Line rest of coat with silk or Italian cloth, seamed apart. Make buttonholes down left front, and sew the metal buttons down right front. Triple unlined capes. Coating collar faced with velvet. Two-piece sleeve with coating cuff. 54-inch coating, 2 yards.

A Two-Piece Plaid Skirt.

No. 5951, **Page 37.** The pattern is in one piece—half skirt. Lay the pattern on 4¼ yards of 48-inch plaid, which is opened out and is double, so that the piece is cut in duplicate, width of material giving the length of the skirt. See that the stripes run straight down the sides from waist to lower edge. Seams are lapped for plain material, lap being given in pattern. In cutting, leave generous turnings above and below (mark out correct shape in tacking thread), so that the plaid lines can be made to meet exactly, forming V points front and back. Tack front and back seams (opening in back seam); try on. Stitch and press the seams. Cut a false hem from the waste. Seam it on over a band of lino, and stitch down closely. Arrange the top into a ribbon after finishing the back opening with felled bands of sarsenet. Close with glove-stud skirt tapes, and close the top with hooks and eyes. The pocket can be inserted in the opening. This skirt can be lined, or it can be worn over the five-gore foundation skirt of moirette (edged with a pleating of the same). For short figures the width of the plaid will supply the hem. The skirt can be cut more economically by reversing the direction of the material—taking the length of the skirt out of the length of the stuff, not out of the fabric's width as just described. Lay the breadth of plaid down the centre of the pattern, and seam on corners at selvedges, taking care that the pattern meets. Such seams as these would not then show. 2⅔ yards will be enough for the bulk of the skirt, and another yard will supply the added corners, making 3⅔ yards in all. Striped fabrics must be cut in this way to ensure the stripes falling straight from waist to edge at the sides.

A Nine-gore Skirt of Black Cloth or Silk.

No. 5952, **Page 37.** Pattern is in five pieces—half the front, three sides, one back. To give firmness to the folds, the seams are piped with the skirt material for silk, or are lapped for cloth (lap given in pattern), and the skirt is lined with good moirette which veils an interlining of lino reaching from hem to knee. The hem has a second interlining to make the material form the rich rounded flutes which is one of the beauties of the nine-gore skirt. 10 yards of 22-inch material are required.

Smart Pleated Skirt.

No. 5953, **Page 37.** The pattern of skirt is in three pieces—half the pleated front, one pleated side, one pleated back (pleats wheelmarked on pattern). Front simulates a double box-pleat. Lay the pattern pieces on five yards of 48-inch material. The material is doubled, selvedges meeting, front centre laid on the fold, so that it is cut in one piece, the other pieces being cut in duplicate. Where breadths are too wide, added corners must be seamed up the selvedges. Tack together front, sides, and backs. Arrange the pleats. Try on. Then stitch and press the seams. Stitch the pleats down almost to knees. Make the opening in the left tablier seam. Fell over the edges with glacé silk, and sew on glove-stud fasteners. Bind the top edge, closing with two hooks and eyes, pressing it very flat. The pocket can be inserted in the opening. Wear over the five-gore foundation skirt edged with a stiffened shaped flounce.

Back Views of the Free Patterns.

A Charming Flounced Tailor Skirt.

No. 5954, **Page 37.** A tablier and two circular sides which flute gracefully. Decorate with buttons, which hold the two shaped flounces. Pattern of lower flounce is given (half the flounce) the upper being cut on it. Skirt can be lined or worn over a foundation skirt. Draped satin belt. 52-inch cloth, 5 yards.

A Smart Flounced Skirt.

No. 5955, **Page 37.** A three-piece skirt (pattern in two pieces—half the front, one circular side shaped with small dart) is finished with a deep shaped flounce—pattern in one piece, half the flounce. Trim with braid. Wear over the 5-gore foundation skirt, edged with a deep pleating. 52-inch cloth, 4 yards.

Pretty Tucked and Pleated Skirt.

No. 5956, **Page 37.** The pattern is in four pieces—half the pleated front, two pleated sides, one pleated back. Pleats are wheel-marked on pattern; they can be stitched down or tacked inside. Lay the pattern pieces on 5½ yards of 44-48-inch material, leaving enough material for the six tucks, which are tucked to flat pattern. Tack together front, sides, and backs. Where required added corners are seamed up the selvedges. Arrange the pleats. Try on. Then stitch and press the seams, and stitch down pleats. Make the tucks. Put on braid. Hem the lower edge. Make the opening in the left tablier seam. Fell over the edges with glacé silk, and sew on glove-stud fasteners. Bind the top edge. Wear over the five-gore foundation skirt, edged with shaped flounce (pattern in one piece, half the flounce).

A DELICIOUS SOUP.

Everyone who values first-class soup, but who does not own a cook sufficiently skilled to produce it, has tried and appreciated Maggi's delicious Cross-Star Soups. The latest addition to this famous brand is Tomato Soup, sold at the modest price of 3d. per tablet, one tablet being enough for a pint of excellent soup. The average English cook, still less the cook-general, has neither the time nor the inclination to evolve the dainty soup which most French households daily taste, and hence we are asked in only too many English households to begin dinner with a plate of greasy water—most unpalatable and wholly without nourishment. This deplorable state of things can at once be remedied by the use of Maggi's Cross-Star Soup Tablets. They can be ordered from any grocer or store; but, if any difficulty is found, housewives who wish to try Maggi's Tomato Soup should write to Messrs. Cosenza and Co., 95, Wigmore Street, London, W.

EASTER TRAVELS.

Travellers wanting practical advice on hotels, railways, and that most important matter, the correct outfit, should consult the Special Travel Number of "Hearth and Home" (only 3d.). It is full of most interesting information. Mrs. C. S. Peel gives a most practical article on packing, and the best trunks and boxes for the purpose. Hermes' "Travel in Pleasant Places" is beautifully illustrated, and is full of practical information concerning the places dealt with. "An Outfit for a Motor Tour" will meet the necessities of the hundreds who mean to spend the Easter Vacation (or part of it) in this delightful way.

LOVELY NEW DRESS MATERIALS.

For dainty face cloths, the new serges, and really beautiful coatings at quite popular prices one should send to Best's Dress Goods Co., Bradford. The "B.B." dress fabrics are rightly named "Bradford's Best." The new silky cloths, so soft and supple, are as low as 3s. 2d. Later on I shall have something to say about lovely delicate "B.B." wool or silk-and-wool dress fabrics for summer wear; but this month I shall content myself with saying that all dressmakers, or ladies who make dresses, &c., for themselves and their children should write off at once for patterns of the new tweeds, cloths, serges, and coatings for the early spring. Sending for patterns will cost nothing, as Messrs. Best pay the carriage *both ways*.

"I have only just seen 'Myra's Journal,' and like it so much that I shall continue to take it."—M. Lake, Halliford St., Islington.

'The Stomach Governs the World.'

GENERAL GORDON.

DEPARTED ERRORS.—*"Our past becomes the mightiest teacher to our FUTURE; looking back over the Tombs of Departed Errors, we behold by the side of each the face of a WARNING ANGEL."*—Lord Lytton.

'Moderation is the silken string running through the pearl chain of all virtues.'—Bishop Hall.

DRAWING AN OVERDRAFT ON THE BANK OF LIFE. Late hours, unnatural excitement, breathing impure air, taking food which is too rich, alcoholic drink. The foregoing, with sudden changes of the weather, are the causes of feverish cold, with high temperature and quick pulse, gouty, rheumatic, and other blood poisons, biliousness, skin eruptions, want of appetite, sourness of the stomach, &c.

The infallible remedy is **ENO'S 'FRUIT SALT,'** an imperative hygienic need. It is everything you could wish as a simple and natural health-giving agent. You cannot over-estimate its great value in keeping the blood pure and free from disease by natural means.

The effect of Eno's 'Fruit Salt' on any Disordered, Sleepless, or Feverish Condition is Simply Marvellous. It is, in fact, Nature's Own Remedy, and an Unsurpassed One.

CAUTION.—Examine the Capsule, and see that it is marked ENO'S 'FRUIT SALT.' Otherwise you have the sincerest form of flattery—IMITATION.

Prepared only by J. C. ENO, Ltd., 'FRUIT SALT' WORKS, LONDON, S.E., by J. C. ENO'S PATENT.

THE UNIVERSAL HAIR MANUFACTURING CO.

Specialists in all kinds of ORNAMENTAL

HAIR WORK.

TRANSFORMATIONS made on Fine Lace Foundations, only **30/-**, worth 65/-.

TAILS of Pure Hair, 22 inches long, weighing 2 ozs., **7/6**, worth 15/6.

FRINGE NETS, Largest and Best in London, at 2/- per half-doz.

This Fashionable and Graceful Fringe, quite the latest, forms a complete Covering for Top and Sides of Head. Only **6/6.**

This Pretty and Stylish Fringe is perfection, being both light and wavy. Only **10/6.**

Ladies should send for our Illustrated and Descriptive Catalogue (Post Free) direct from

THE UNIVERSAL HAIR MANUFACTURING CO.,

84, FOXBERRY ROAD, BROCKLEY, S.E.

TELEPHONE NO. 513 DEPTFORD.

MAGGI'S TOMATO SOUP

The latest addition to the famous

MAGGI CROSS-STAR SOUPS.

Unequalled in Quality and Value.

Price 3d. per Tablet—each Tablet makes one pint of Soup.

GIVE YOUR GROCER A TRIAL ORDER.

In case of difficulty write to . . .

COSENZA & CO., 95, Wigmore Street, London, W.

WILLIAMSON'S

INDIANS & MADDA POLLAMS

Every Lady should send Postcard for Patterns of these fine, soft **Longcloths, Nainsooks,** &c., for underwear. Direct from the Mills in all qualities, from 4¾d. yd. **Maddapollams in Pink and Sky,** dyed expressly for us, 7¾d. yd. **White and Ecru Fancies** (Muslins, Brilliants, Brocades), for Pinafores, Aprons, &c, from 4¾d. yd. **Tucked Nainsooks** for Infants' Robes, Petticoats, &c., from 7¾d. yd. **Longcloth Embroideries,** soft finish for trimming, from 2¼d. yd.

CHRISTOPHER WILLIAMSON,

(Maddapollam Dept.) 91, EDGWARE ROAD, LONDON, W.

TUCKED NAINSOOKS

UNRIVALLED VALUE.

OUR FREE BARGAIN COLUMNS.

Advertisements must reach the office of "Myra's Journal," 10, Fetter Lane, London, before the 1st of each month.

RULES.

1. *A PRIVATE ADVERTISEMENT OF TWELVE WORDS IS INSERTED FREE OF CHARGE. 3d. will be charged for every extra six words or portion of six words.*

2. *It is indispensable that the FREE BARGAIN COUPON should be cut from this paper and enclosed with each advertisement.*

3. *No responsibility is taken by us with regard to any sales or exchanges arranged, or to any remittances forwarded, nor can we interfere in any differences that may arise between parties to a bargain.*

4. *Payment of carriage for articles on sale or approval must be arranged between themselves by the parties.*

5. THE REPLY TO A NUMBERED ADVERTISEMENT MUST BE CONTAINED IN A BLANK STAMPED ENVELOPE, WHICH MUST BE FASTENED, AND HAVE THE DISTINGUISHING NUMBER OF THE ADVERTISEMENT CLEARLY WRITTEN UPON THE TOP RIGHT HAND.

This reply (or any number of them) must be enclosed in another stamped envelope, directed to the Editor, Free Bargain Columns, Myra's Journal, 10 and 11, Fetter Lane, E.C., who will add the right name and address, and post it, and thus bring buyer and seller into communication.

Advertisements must reach the office of this paper before the 1st of the month preceding date of issue.

Free Bargains Coupon.

Myra's Journal, March, 1906.

DRESS AND MILLINERY.

Lady has for disposal several COSTUMES, her own and daughter's. Darkest grey coat and skirt, waist, 23; length, 37; 5s. 6d. Pretty, dark, sage green voile dress, tucks, frills, unsoiled; 23, 40, 8s. 6d. Handsome brown cloth bolero costume, lined throughout silk. Small lady or girl, 22, 32; perfect, 12s. 6d. Lovely pale blue voile evening dress; 24, 41; 10s. 6d. Others.—Miss Perrin, Haydock Road, Liscard, Cheshire.

MILLINERY LESSONS; personal instruction; prospectus free.—57, Upper Gloucester Place, Dorset Square, W.

DOLLS DRESSED, trousseaux, layettes and all underlinen, hand or machine; knitting and crochet every description; golf coats; chemise tops, smocked frocks, blouses; dainty bazaar articles; Easter gifts; approval. M3577

Black RUSSIAN COSTUME, trimmed handsome braid; perfect condition. 24, 34, 39; 19s. 6d. M3579

Shortening DRESSES, 2s. 6d.; PETTICOATS from 1s. 3d.—Hemmings, 80, Leithwaite Road, Clapham Junction.

Navy-serge plain SKIRT, RUSSIAN BLOUSE, 22-41, 8s. 6d.; dark brown glacé BODICE, 4s. 6d.; all nearly new; approval. M3580

Pretty black Russian coat, 5s. VELVET HAT, 2s. 6d. CHIFFON DITTO, 2s. 6d. M3581

Pretty pale blue EVENING BLOUSE, lined silk, worn once, 16s.; cost 28s. 6d. M3590

MOIRETTE FRILLS, thirteen inches deep, for renovating skirts, very full, 3s. 6d. SKIRTS with detachable flounce complete, 7s. 6d. UNDERCLOTHING made to order, —Madame Lee, Elm Grove, Southsea.

Mdlle. Jeanne, 77, Claverton Street, London. Clever milliner, renovator; marabout stoles renovated.

NEEDLEWORK, DRESSMAKERS, &c.

DRESSMAKER, experienced, good fitter, renovator. Ladies' houses or homes.—Miss Ganey, 98, Finsbury Park Road, N.

PRIVATE DRESSMAKER, good fit and style; terms moderate.—A., 50, Beaufort Mansions, Chelsea, S.W.

Madame Jeanne, 77, Claverton Street, London.—Ladies' materials taken.

CROCHET TRAYCLOTHS, DOYLEYS, CHEMISE TOPS, PINAFORE YOKES, &c.; approval.—Miss H. Cass, 19, Albion Place, Maidstone.

CORSETS made to measure; ladies' patterns copied at the shortest notice; illustrated price list measurement form and patterns post free; corsets cleaned and repaired equal to new; trial solicited.—Madame Lee, Corsetière, Elm Grove, Southsea.

First-class FRENCH COUTURIERE; ladies own material made up; specialité renovations.—Madame Formy, 28, Delamere Crescent, Paddington, W.

Smart DRESSMAKER; renovations.—Miss Clinch, 14, Barrow Hill Road, St. John's Wood.

LADIES MATERIALS smartly made. Renovations. Moderate charges.—Graham, 5, Blandford Street, W.

DRESSMAKER, daily. Blouses, dresses, mantles, renovations.—Bates, 70, Grosvenor Road, S. Belgravia, S.W.

DRESSMAKER, moderate; good work, ladies materials.—Mrs. Monk, 81, Loder Road, Brighton.

Madame Léonie, FRENCH DRESSMAKER, 48, Lancaster Road, W. Ladies materials, shirt blouses, 5s., trimmed blouses from 8s. 6d., costumes, 18s. 6d., evening gowns, 21s.

A dressmaker who wishes to start business would like to meet with one who would join her in PARTNERSHIP.—A. S. M3584

JEWELLERY.

Nine-carat GOLD RING (stamped): set three rubies, four real diamond chips, 8s. M3582

Two 18-carat GOLD CASED RINGS, with lustrous stones, 2s. 6d. the two. Approval. M3586

Lady's handsome 18-carat GOLD PATTERN (stamped) RING, lustrous stones, 1s., post free. M3587

ANTIQUES, BOOKS, MUSIC, FOREIGN STAMPS, PHOTOGRAPHY, &c.

PICTURE POSTCARD EXCHANGE.—Views, actresses, beauties, appreciated by Joh. Moller, tradesman, retired.—Bredegade, 15, Copenhagen F., Denmark.

Mrs. Clayton, 501, New Cross Road, London, S.E., would like to EXCHANGE POSTCARDS.

POSTCARDS EXCHANGED; British, foreign.—Malcolm, 38, Deodar Road, Putney, London.

STAMPS.—Fifty all different. 6d., post free.—B., 29, Montague Road, Portsmouth.

HOUSES, APARTMENTS, BOARD, &c.

DETACHED FREEHOLD HOUSE, wanted to purchase, containing drawing, dining, about four bedrooms, bathroom, &c., and good size garden, south of the Thames, and within 12 miles of London preferred.—Write, giving full particulars, to L. T., 207, Amesbury Avenue, Streatham Hill, London, S.W.

MISCELLANEOUS.

Genuine, easy, spare-time HOME EMPLOYMENT. Particulars and everything necessary sent on receipt of 1s. P.O. M3578

AFRICAN ANTS'-EGG CHAINS, 6d. per link, 18 inches long. CHILDREN'S SMOCKS exquisitely made from 6s. 6d. M3588

LACE CAREFULLY CLEANED and MENDED.—Mrs. Stewart, 29, Markham Street, Chelsea, S.W.

Beautiful SLIPPERS made to order, hand-knitted, 4s. 6d.; postage 3d.—A. Linstead, 1, Cranworth Gardens, Brixton, S.W.

"BEATALL," 1s. 3d.; white remnant parcels, damasks, or muslins.—41, High Street, Rushden.

RUBBER STAMP.—Embroidering any initial; linen markers, any name; complete with box of marking ink and pad, 1s. 6d.—Cook, 15, Hatchard Road, Upper Holloway.

BUST DEVELOPER.—Bust enlarged to six inches; sure and harmless; formula 1s M3593

LADY'S BICYCLE for sale, perfectly sound condition, cost sixteen guineas, take £4 4s. M3589

WASHABLE HANDPAINTED BLOUSES, COLLARS, TABLE CENTRES, on silk or chiffon; reasonable charges. M3591

Ladies only. VALUABLE SECRET to ladies, 1s. Satisfaction guaranteed. (The Secret is a formula to beautify the complexion.) M3515

DRESSMAKERS.

The Name and Address of any Dressmaker will be inserted free in this column provided the advertiser furnishes us with a Coupon for each announcement *each month*, and she states under which column she wishes her name to appear. *Please write distinctly.*

DRESSMAKERS' COUPON. MARCH, 1906.

LATEST TIME for ADVERTISEMENTS 1st of EACH MONTH.

DRESSMAKING AT LADIES' HOUSES—

Miss Anton, 54, Beresford Street, Camberwell, S.E.
Miss E. Baker, 4, Strode Road, Forest Gate, Essex.
Miss Bates, 70, Grosvenor Road, South Belgravia, S.W.
Lucy Bradbury, 406, St. Ann's Road, Harringay.
Miss Carroll, 12, Upper Market Street, Hove.
Mrs. H. Chapman, 41, Paulton's Square, Chelsea, S.W.
Miss Coward, 82, Camden Road, N.W.
Mrs. Craven, 175, Grove Lane, Handsworth, Birmingham.
Mrs. R. Dolling, 40, Shirland Road, Paddington, W.
Mrs. Goddard, 28, Turneville Road, West Kensington.
Miss Gook, 21, Hollywood Road, South Kensington.
Miss Graham, 5, Blandford Street, Baker Street, W.
Miss Last, 51, Blatchington Road, Hove, Sussex.
Miss Robinson, 15, St. Thomas Road, Finsbury Park, N.
Miss Smith, 44, Thane Villas, Seven Sisters Road, Holloway, N.
Miss Smith, 3, Pakeman Street, Hornsey Road, Holloway, N.
Miss Somerville, 40, Lena Gardens, Shepherd's Bush Road, W.
Miss C. Wild, 6, Frederick Crescent, North Brixton, S.W.
Miss Willson, 42, Seymour Place, Fulham Road, South Kensington, S.W.

LADIES' OWN MATERIALS MADE UP—

Miss Ambler, 85, Westbourne Park Villas, Bayswater, W.
"Augusta," 32, High Street, South Belgravia, S.W.
"A.," 50, Beaufort Mansions, Beaufort Street, Chelsea.
Miss Bullivant, 21, Firth Park Avenue, Pitsmoor, Sheffield.
Misses Burnett, 7, Windsor Road, Holloway, N.
Miss Carey, 36, St. James Park, Tunbridge Wells.
Miss Clasper, 14, Broughton Road, South Shields.
Miss T. Clinch, 14, Barrow Hill Road, St. John's Wood, N.W.
Ellen Cowell, 3, Portsea Place, Connaught Square, W.
Ethel Eugenie, 12, Blomfield Road, Shepherd's Bush, W.
Eugène, 129, Portland Road, Holland Park Avenue, W.
Gertrude, 57, Abingdon Villas, Kensington.
Miss Giles, 203, Hampstead Road, Ampthill Square, N.W.
Mrs. Hemmings, 80, Leithwaite Road, Clapham Junction, S.W.
Mdlle. Jeanne, 77, Claverton Street, S.W.
Miss Last, 51, Blatchington Road, Hove, Sussex.
Madame Léonie, 48, Lancaster Road, W.
Madame Lili, 21, Martaban Road, Manor Road, N.
Mrs. Lindfield, 17, Powis Road, Brighton.
Mrs. Monk, 81, Loder Road, Brighton.
Miss A. Moorman, Tivoli Gardens, Tivoli Road, Cheltenham.
Miss Pearl, 16, Bruce Road, South Norwood.
E. and E. Percival, 24, Tower Street, King's Lynn.
Miss Pooley, South Nutfield, near Redhill.
Misses Roberts and Selfe, 28, Hermitage Road, Finsbury Park, N.
Miss A. Smith, 9, Grittleton Road, Elgin Avenue, W.
Mrs. Sorrell, 140, Inderwick Road, Hornsey, N.
Mrs. and Miss P. Tapp, 16, Willcott Road, Acton.
The Parisian Renovating Dress Co., 77, Claverton Street, S.W.
Miss Tidy, 34, Grosvenor Park, Tunbridge Wells, Kent.
Whare Kiaora, 2, Alexandra Villas, Alexandra Park Road, Wood Green.
Mrs. Wheeler, 13, St. John's Road, Stamford Hill, N.
E. C. Wicks, 139, Lupus Street, Pimlico, S.W.
Miss Wilson, 35, Octavia Street, Battersea, S.W.

LADIES' AND CHILDREN'S MILLINERY—

Miss M. Craven, 175, Grove Lane, Handsworth, Birmingham.
The Misses Hallowes, 1, Hereford Square, South Kensington, S.W.
Mrs. Henderson, 64, Stanhope Road, South Shields.
Madame Ilene, Abbott's Court, Kensington Square, W.
Mdlle. Jeanne, 77, Claverton Street, London, S.W.
Mrs. King, 14, Sussex Street, South Belgravia, S.W.
Miss Moorhouse, 70, Birch Lane, Longsight, Manchester.
Mrs. Wells, 36, Gore Road, South Hackney, London, N.E.
Miss Whitehouse, 57, Upper Gloucester Place, Dorset Square.

LADIES' SHIRTS—

Miss Beatall, 41, High Street, Rushden, Northamptonshire.
Miss Lowson, 1, Buckingham Terrace, Maryfield, Dundee.
Miss E. Manser, 26, Dudley Road, Eastbourne.
Madame Mary Norman, 2, Norfolk House, Lulgrave Road, Hammersmith.

PILLOW LACE MAKER—

Miss Kent-Johnson, Sharnbrook, Beds.
Mrs. Annie Stewart, 29, Markham Street, King's Road, Chelsea, S.W.

CORSETIERE—

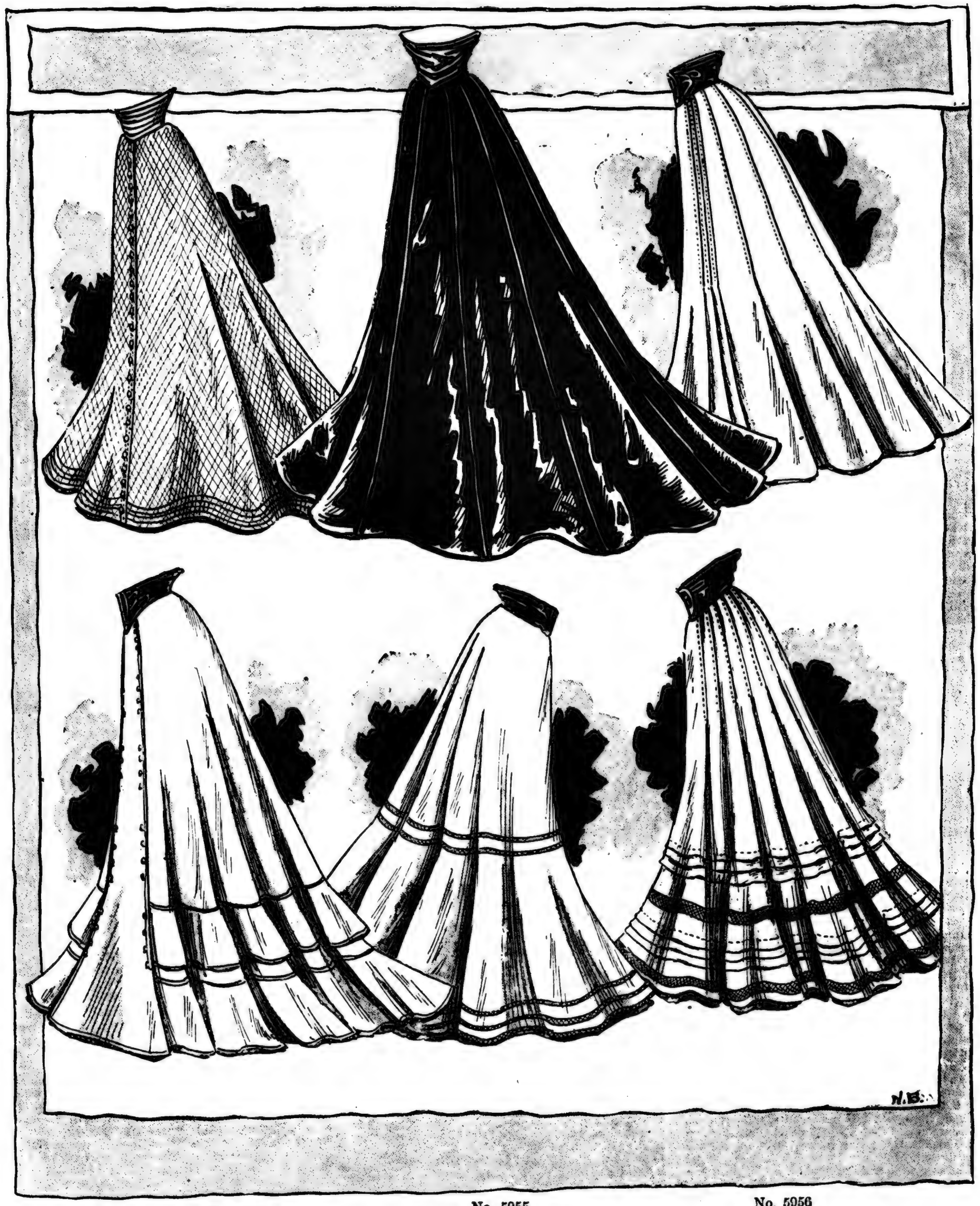
Mme. Gardiner, 28, Sussex Place, Onslow Gardens, South Kensington.
Hélène, 1, Harley Street, Bridge Road, Battersea.
Mrs. Sidney J. Hurwitz, 29, Archibald Road, Tufnell Park, N.

FURS RENOVATED—

Mrs. Lindfield, 17, Powis Road, Brighton.

All Coupons must be received by the 1st of each month preceding date of issue.

No. 5951 No. 5952 Nos. 5953



No. 5954 No. 5955 No. 5956

SOME SMART TAILOR SKIRTS FOR THE EARLY SPRING.

For Description see Pages 30 to 34.

Price of Paper Patterns, Pleated Skirts, each 1s. 0½d.; *the other Skirts, each* 6½d., *post free, of* Madame Myra, *10 and 11, Fetter Lane, E.C.*

Health and Beauty.

ANSWERS TO CORRESPONDENTS.

All letters to be addressed to Mistress Anne Page, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

Cor.—(1) To soften your hands and take out those wrinkles that are there because the skin is too dry, get from Mr. Mason (25, Bank Plain, Norwich) a jar of his "Gants Gras Pomade" (1s. 6d. post free), and every night after washing in hot water and quickly drying rub in some of this pomade, and wear during the night a pair of those chamois-leather gloves which are sold by ironmongers for 10½d. a pair, the soft kind that parlourmaids use when they are dusting or doing any work that might spoil the look of their hands for waiting at table. (2) You should paint those little glandular swellings on your neck with *de-colourised* iodine (the above Mr. Mason can supply you with this) once a day until they go. This kind of iodine does not show at all, but it does its work quite as well as if it were the old brown kind. (3) If you have any traces of eczema left on your head you should well rub into the affected skin every night some of the "Cream of Sulphur," which is sold for 2s. 9d. by the above Mr. Mason, and you should be most careful not to eat any salted foods, nor anything in the nature of "shell-fish."

Gay Girl.—As you are such a votary of the excellent pastime and exercise of dancing, yet always suffer from such swollen ankles after each of your dancing classes, you should always bathe your feet before you go to any of these, and certainly when you are dressing for an actual ball, with the "Anodyne Cooling Lotion" for this purpose, which is sold for 2s. 9d. by Messrs. M. Beetham and Son, Chemists, Cheltenham. You will not feel anything like the same amount of fatigue then, nor get that pain in your ankles.

Essie.—Certainly, as you are one of the thin girls, you can safely drink Epps's Cocoa in place of tea, and you will find it far more nutritious, too. You should also drink as much new milk as you can digest, and if possible have cream as well as Glebe Golden Syrup with your "Plasmon Oats" porridge for breakfast. Potatoes and all vegetables of which the edible parts grow under the ground are good for you, and of fruits, bananas, black grapes, "custard-fruit," nuts, figs and dates will be the best kinds. You can develop your bust by the "Diano Home Treatment," of which you can have all particulars by writing for them to The Lady Manager, K.G. Espanola Medicine Co. (Dept. 125), 203a, Regent Street, London, W. This treatment is quite a harmless one, and presents no difficulty at all in carrying out.

Marianne.—The "H.S." corset is everything you can wish for in this direction, and for wear I know of none to equal it. One of the ladies who was fortunate enough to win a pair in our Christmas competition wrote to me most delightedly, saying that two years ago she was a winner of a similar pair, and finding how good they were, and how well they kept their shape, she has been recommending them to all her lady friends. You cannot do better than send for a pair direct to the manufacturers, H. Sherwood and Co., Ltd. (Dept. C.), 12, London Wall, London, E.C., from whom you can first have an illustrated catalogue if you like. You can get them at all prices, from 2s. 11d. upwards, but if you get a pair costing 8s. 11d., you will have one that will greatly improve your figure, though it will not compress you anywhere.

Tottie.—"Knowing how to use a thing when you have it is the main thing," as you say, but in the case of the "Oatine Cream," about which you enquire, there cannot be the least excuse for not knowing, because if you write for a 1s. 3d. jar of it to The Oatine Co., 131, Denman Street, London, S.E., they will send with it a book illustrated with several pictures, showing you how to massage the face with it, so as to get the best results. This cream is so really excellent in every way, that it deserves to be even more widely known than it is, and with your dry skin you will find it such a perfect cleanser and beautifier, that "once used," it will be "always used" in your case. It is made from a skin-nourishing part of the oat, and it contains nothing that can possibly induce superfluous hair.

Susan.—I know how arduous and responsible your work must be now, but I hope that in time, when you grow more accustomed to it, you will find it easier to get a little more time to yourself, for rest, and for doing some of the things that gain you a little extra money, and which you do so well. Meantime take every care of your own health, and be sure you spend part of every day in the fresh air.

Cora.—You will find a good but quite easy system of "Proper Breathing Exercises" clearly described in a book called "Beauty of Figure," by Deborah Primrose (price 2s. 6d.), and when you have mastered this art, and find no more difficulty about breathing through your nose, you should begin to work on a set that will reduce your figure, and bring your hips and waist back to their proper slimness again. You will find this set well illustrated in a later chapter in the same book, of which I shall be pleased to get you a copy if you will send me the postal order and your full address.

May's Mother.—There seems to me to be no doubt that your daughter is suffering from anæmia, but that waxy transparency of her skin, the pallor in her cheeks, tongue, and lips, and the breathlessness that makes her disinclined for exertion of any kind will be ameliorated, and the disease in time cured, if you will follow the right line of treatment:—Let the rooms in which she sits or sleeps always be thoroughly well ventilated; let her give up the sedentary occupations that she has been going in for, and spend the time she bestowed on them out of doors, taking regular walks daily, though not walking until she is really over fatigued. Give her simple foods, with a fair amount of red meat and green vegetables, but never let her have pastry, nor suet puddings of any kind. Her baths must be tepid and made invigorating with an Aromatic Bath Salt, and she should, after each, be vigorously rubbed with a hot towel from her extremities in the direction of her heart always. She must have at least eight hours' sleep every night, and should recline on a couch for some part of each day, near a widely open window. The importance of fresh air cannot be over-estimated in her case. Then the best medicine she can take is "Dr. Hommel's Hæmatogen" (if your chemist does not stock it, get it direct from Messrs. Nicolay and Co., 36, St. Andrew's Hill, London, E.C.), as a dose of this most palatable liquid, taken before dinner, will not only improve the quality of her blood, but will promote her appetite, and help her to digest her food. Hæmatogen ("the blood-former") is now largely being prescribed by medical men for the cure of anæmia, so you may be sure that it is "safe," as well as reliable.

Belle.—It is never wise to really massage the bust in order to reduce it; but that need not deter you from your endeavour to get it down to more becoming proportion. What I advise you to do is to get from Dr. Horn, 43, Parkwood Road, Bournemouth, a case of his "Pasta Reducor," which is one of the daintiest and most efficacious specifics for the purpose that science and skill could have produced. It is 5s. 6d. a case, and can only be obtained from the above address. This will make the part that "flows over" your corsets much smaller and firmer, and it will do you no harm whatever. You simply spread a little on and gently smooth it in with your hands on both sides simultaneously. Correspondents of mine who have used it in various parts of the world write so strongly in its praise that I am sure it is the best thing that I can recommend to you, or to anyone suffering from an over-developed bust.

Cooee.—If you use "Jeyes' Disinfectant Soap" (to be obtained for a few pence at any chemist's) in a nightly footbath of hot water, and then be most careful to thoroughly dry your feet, especially between the toes, the unpleasantness you are now experiencing will soon leave you.

Hattie.—Personally I think the high-dressing (which is most fashionable again now) more becoming than the low one to a short woman. I do not know that it takes more hair, but you will find it easier of artistic accomplishment if you have a tail of aiding hair exactly to match your own, and with this make an extra coil or twist. You can get this tail, half-a-yard long, for 3s. 6d. direct from The Universal Hair Manufacturing Co., 84, Foxberry Road, Brockley, London, S.E., or one twenty inches long (which some women find even more useful), for 5s. As quite pure hair is used, this price is exceedingly moderate.

Veteran.—At your age you certainly do not deserve the pseudonym you have adopted, but I know only too well that as soon as hair begins to turn grey chances of getting or retaining employment become less and less, and I am very sorry for what you tell me of your own case. I wish I had space to tell you of even more distressing ones that have been brought under my notice lately. You had better now do one of two things, either use daily the hair-colour-restorer (not a dye, nor a stain) called "Primrose Lotion," which is sold for 2s. 6d. a bottle by Mr. Mason, 25, Bank Plain, Norwich, and which you should rub well down into the skin of partings made in all directions on your head after you have brushed your hair for the night, or go in at once for a dye, in which case you should use the same Mr. Mason's "Ozonic Hair Dye" (4s. 6d.) which is most cleanly, quite natural in its effect, and extremely permanent. Send Mr. Mason a bit of your hair where it retains its natural shade if you choose this alternative.

Distressed.—Sleeplessness may well be called a disease when it extends over so long a period as your sister's has done. Did she ever have any grave nerve-shock to account for it? Since you have tried every drug you have ever been recommended for her, give up these altogether at least for a time, and try the following plan:—Put a hot-water bottle in her bed every night, and as soon as she gets into bed and places her feet on it, give her a breakfastcupful of "Neave's Food" (made according to the direction for its use for invalids, which you will find on the wrapper), and let her partake of it quite slowly. Then place on her forehead, so as to cover both temples, a folded handkerchief soaked with equal parts of Rectified Spirit and cold water. When the light is taken away she will, I hope, sleep. You can vary the cup of hot nourishment in several ways; a cup of "Plasmon Cocoa," or of hot milk, or of milk with a little Bovril in it, are all useful in turn.

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"WINCELLA."

THE taste for woollen materials for underwear, and children's garments and babies' frocks, has made a great demand for fine, soft, white materials of the type required. Quite some of the most attractive is the double-width white "Wincella" of Messrs. J. D. Macarthur, Ayr, N.B. This is not expensive, beginning (42 inches wide) at 1s. 6¾d. A beautifully fine one can be had for 2s. 3d. A range of white Wincella, 30 inches wide, costs from 1s. 3d. the yard. Nothing could be nicer for nightdresses, dressing jackets, babies' frocks, &c. There is a very smart range of "shawl pattern" Wincellas for blouses at 1s. 11½d., 30 inches wide. There are also very charming coloured Wincellas of crêpe-like texture at 1s. 4½d., 30 inches wide, which make charming frocks for children and very pretty morning blouses. The plaided and figured Wincella flannels are capital fabrics also for morning blouses, in wonderfully pretty colouring, from 1s. 6¾d., 28 inches wide. The Wincella flannel shirtings are admirable in texture and colouring (from 1s. 7½d., 30 inches wide), and some of them are of colour and design to look like tweeds. These would make effective flannel costumes, but there are special, thicker and tweed-like flannels (3s. 6d., 56 inches), for gentlemen's golf jackets and ladies' coats and skirts. The embroidered spot Wincella flannels are very dainty for dresses or blouses (1s. 11½d., 29 inches). There is, indeed, a capital selection of various striped blouse materials amongst the Wincella fabrics, which all who are on the look-out for such materials should make a point of seeing. Messrs. Macarthur, Ayr, N.B., will send a box of patterns on receipt of a post-card, also a price-list of their well-made hygenic underwear and hose.

I must add that all Wincellas (which are improved Scotch Wincey) wash perfectly (even the thicker tweed-like ones for suits) and will not shrink. The underwear and hose, also, never shrink or "felt" together. It is shrinkage which, as a rule, leads to holes appearing in stockings, especially at toes and heels. In the Wincella Hose, an extra doubling thread of Wincella yarn is inserted throughout the foot and ankle, which greatly adds to the strength and in no way impairs the excellence of shape.

In ordering Wincella stockings and socks, the size of the boot worn should be quoted. The prices are most moderate, ladies' plain black Cashmere stockings costing from 1s. 6½d., children's from 1s. 5½d., gentlemen's socks from 1s. 6d. Special hose in Messrs. Macarthur's own fingering, Shetland floss, and eider wools are made to order in a few hours.

ORNAMENTAL HAIR.

Not so very long ago if we wished for false hair of a good appearance (made of real human hair, not some more or less unnatural-looking fibre), and properly made up, we had to pay a very stiff price. But the Universal Hair Manufacturing Company (84, Foxberry Road, Brockley, S.E.) have changed all that. They use the best *natural wave* human hair for their transformations and fringes, and they mount it artistically on hair-net foundations, which make the hair look as if it grew out of the scalp, and that at wonderfully low prices. The beautiful Pompadour fringe illustrated on this page is priced at the amazingly low sum of 7s. 6d. A beautifully-designed transformation, the complete front hair, made up on a hair-net foundation, costs only 30s.—many West End hairdressers charging four

Pompadour Fringe, 7s. 6d.

guineas for a similar thing. The Universal Hair Manufacturing Company is very successful in matching the real hair, whether in fringes, transformations, tails, &c. Ladies should send to the Universal Hair Manufacturing Company for their illustrated price list; it will be sent, post free, by return of post.

NOTTINGHAM NETS AND LACES AT MESSRS. PEACH'S.

So much net and lace is being worn for ladies' evening dresses and afternoon blouses that it is a matter of moment for every woman to get these dainty fabrics at the cheapest rate. This can be secured by buying direct from the looms at Messrs. Samuel

4 yards Long, 60 inches Wide, only 9s. 3d. the Pair.

Peach and Sons', of Lister Gate, Nottingham. In their excellently illustrated price-list several of the prominent nets and laces (edgings, insertions, piece lace) are shown in fac-simile, and it will be seen at a glance how moderate such things are. We mention this for the benefit of the many professional dressmakers and home workers who use our illustrations and patterns in the pursuit of their avocations. Messrs. Peach do not confine themselves to nets and laces for personal adornment. Their net and lace curtains have a world-wide fame for quality, for beauty of design, for cheapness. The lovely lace curtains illustrated, with real net ground, are only 9s. 3d. the pair, 4 yards long and 60 inches wide, and two pairs can be had for 18s. This is a great chance for the young dressmaker just setting up, for fresh lace curtains will much improve her show-room. If 3½ yards long and 60 inches wide, the price is still less—8s. the pair.

Messrs. Samuel Peach and Sons' catalogue affords some interesting examples of real Swiss and Nottingham lace curtains in art designs. The Nottingham Madras net curtains are charming, also those of Madras muslin—with frilled or tasselled edges. A charming frilled net (No. 5362) is 1s. 4d. the yard, in a well-thought-out design, simple, very pretty, and dainty. Messrs. Peach will on application send samples of muslins, casement nets, &c., for selection. Curtains will be made to any size or style, and estimates are supplied.

INDIAN AND MADDAPOLLAM LONGCLOTHS.

Longcloth has suddenly returned to high favour, brought in, doubtless, by the prevalence of simply-made underwear, free from the frills and tucks of which we are heartily tired, but enriched with beautiful embroidery (of the type shown at Nos. 5899-5901, page 12). But the longcloth must be of a fine and superior make, and for these we cannot do better than send to Mr. Christopher Williamson, Maddapollam Department, 91, Edgware Road, London W. He has pure finish, soft, fine Indian longcloths from 4¾d., 36 inches wide. The beautiful "leather make" Indian longcloth is only 6½d. (36-in.), and there is an exquisitely fine "leather make" Indian longcloth at 1s. ½0d., 42 inches wide. Remarkably nice for nightdresses is the striped twill Indian longcloths, 9¾d. the yard, 36 inches. I would call attention to the 42-inch fine Indian longcloth at 1s. 0½d., because it enables one to cut the new style of wide nightdress without the added corners, which are certainly no improvement to the look and "hang" of back and front. Mr. Williamson keeps the embroidered longcloth edgings of all widths and several degrees of fineness.

His Maddapollam cambrics are lovely fabrics for babies' nightdresses, ladies' and children's spring and summer underwear, aprons, surplices, &c. These are double width (42 inches), and commence at the wonderfully low price of 4¾d. A beauty can be had for 10½d. Fine soft cambric longcloths, one yard wide, commence at 5¾d.

Excellent firm-make nainsooks, 39 inches wide, commence at 5¾d. These are lovely fabrics for late spring and summer outfitting. For children's and babies' frocks, the ready-tucked nainsook (about 1 yard wide, from 7½d. the yard) will be found a great boon. The tucks are at edge (above a wide hem) altogether or in groups. It saves time to be able to get the skirt ready tucked. Some are inlet with embroidery.

Mr. Christopher Williamson has very pretty pink and sky blue Maddapollam (with embroidered edging to match), all varieties of mull muslins, and some wonderfully pretty white or écru fancy washing fabrics at 6¾d. the yard. A box of patterns should be sent for at once.

Reigate.—"I beg to state that your patterns and book are a great help to me and to my trade generally."—E M Poole.

They are also sold in assorted packets of fifteen, at 1s. 6d., post free.

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No. 22, DRESSMAKING (Part I.—The Bodice).—Treats of the Choice of Materials, Self-Measurement: Cutting, Fitting, Pressing and Boning Bodices. Illustrated by nearly 30 diagrams.

No. 23, EMBROIDERY STITCHES.—This handbook tells the worker what materials will look best, and what stitches are most suitable. It contains 103 illustrations, which are so clear that the merest tyro cannot fail to understand them.

No. 24, DRAWN WORK (Part II.).—Contains 40 Illustrations of Faggot Stitch, Herring Bone, Clusters, Fringes, Wheels, Point de Reprise, &c., &c.

No. 25, STOCKING KNITTING (Part III.).—Contains many pretty fancy Stockings and Socks for Ladies and Children; also Socks for our Soldiers, and for charitable purposes.

No. 26, WOOLLEN COMFORTS FOR SOLDIERS AND SAILORS (well shaped, quickly made); Balaklava Helmets, Cholera Belts, Tam-o'-Shanters, Socks, Guernseys, Cardigan Jackets, &c.

No. 27, WOOL CROCHET WORK (Part III.).—A very interesting number for home use. It contains illustrated directions for making Doll's Petticoats, Combinations, Drawers, Stockings, Cape, Hat, Shoes and Outdoor Costume, Petticoat for a Girl, Ladies' Slippers, Knickers, Shawls, Knee Cap, Gentleman's Waistcoat, &c., &c. 13 illustrations.

No. 28, SMOCKING (Part III.).—Contains an entirely new set of designs for the Ornamentation of Dresses, Blouses, and Children's Frocks, Pinafores, and Cloaks. Is illustrated by 30 engravings.

No. 29, KNITTED WOOLLEN GARMENTS FOR INFANTS. This work is entirely devoted to Children's Knitted Woollen Clothing. Every design has been carefully worked out from the actual garments, and is fully described and illustrated. The contents comprise Infant's Vest, Jacket, Hood, Boots, Vest with Sleeve, and Overall. 13 illustrations.

No. 30, PILLOW LACE FOR BEGINNERS.—21 Illustrations, all fully described. This work deals chiefly with Buckinghamshire or Torchon, a very pretty and simple lace.

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Correspondence.

RULES.

1. To be answered in the next number, letters must reach us not later than the 25th of the month.

2. Queries (except on "Dress" and "Health and Personal Attention") must be accompanied by sixpence and a stamped addressed envelope. No notice will be taken if sent without, if to be answered by post.

3. In urgent cases, or if crowded out, all "Dress" answers will be sent by post, for which no charge will be made. No postal reply can be sent unless a stamped and addressed envelope be enclosed.

4. Queries to be answered by post must be limited to three.

5. It is absolutely necessary that every letter should contain real name and full address. The space for correspondence is so limited that a large number of answers have to be sent by post. This is especially the case with "Dress," which requires prompt and often private replies. Only questions of general interest are answered on this page.

Whether letters are to be answered by post or in these columns, the Correspondence Coupon, cut from the current number, must be enclosed.

DRESS AND HAIR-DRESSING.

Letters to be addressed to Madame Myra, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

DANEGELT.—(1) You can easily improve the forehead and give your own hair a chance of growing lower down by wearing one of the new Pompadour fringes. Send a small piece of your hair and 7s. 9d. to the Universal Hair Manufacturing Co., 84, Foxberry Road, Brockley, S.E., and they will promptly send you one. It is very light, is most becoming, and is one of the most up-to-date methods of arranging the front hair. (2) You ought to get Deborah Primrose's book, "Beauty of Figure," which is published by Mr. William Heinemann, 21, Bedford Street, W.C., price 2s. 6d. It will interest you to know that Deborah Primrose is one and the same with our own Mistress Anne Page, by whose advice you have so often profited. There is an exercise (illustrated) dealt with there which will just meet your case, as it is specially devised to reduce too great amplitude of hip. 3.—You can get ready-tucked nainsook for the skirt of the baby's frock at Mr. Christopher Williamson's, Maddapollam Department, 91, Edgware Road, W. You can also get it with the embroidery insertion. Two widths of the 36-39-inch material will make the skirt. See the "Layette" dealt with on pages 25 and 30.

MADRAS.—(1) There is no reason why you should not wear a corselet skirt and bolero. A certain roundness of figure is, indeed, necessary for it. A straight, board-like figure looks its worst in a princess dress or corselet skirt. Copy the charming model, No. 5931. For the cloth—choose a silky face cloth—send to Best's Dress Goods Co., Bradford. (2) You should send to Peach and Sons, Lister Gate, Nottingham, for the black point d'esprit net. Your satin will make an excellent foundation. (3) For the Oriental satin, send to the Holborn Silk Market, Holborn Bars, E. C. Choose a double-width one, if possible, so as to avoid the seams. That shade is quite fashionable, and you are sure to get it.

DAPHNE.—(1) Make up your Indian muslin like No. 5934. The embroidery can replace the lace. Certainly; you could not use it at a better time. Everybody who possesses Indian and other embroidered muslins should bring them out, as fine work of that sort is to be very much worn this spring and summer.

EMPLOYMENTS FOR LADIES

Letters to be addressed to Miss Winifred Jones, "Myra's Journal" Office, 10 and 11, Fetter Lane, E.C.

FREE REGISTER.

Will correspondents kindly note that notices for re-insertion must either be cut out of this list, or copied on one side of a separate sheet of paper. In every case the Register number must be put at the top left-hand corner.

No. 372.—Blouses made from 2s. 3d. Underclothing: nightdresses from 1s. 6d.; chemises 9d.; drawers 9d. Children's things in proportion. Boys, suits, 3s. 6d. Will turn, cut down, or renovate. Recommended.

No. 386.—Experienced needlewoman undertakes plain needlework, layettes, crochet, knitting, children's jackets, babies' clothes, boys' suits, children's pinafores, dolls in great variety.

No. 401.—Dressmaking and millinery business for disposal. Ready money trade. Splendid position. Some rooms could be let off. Price £60. Owner leaving London.

No. 402.—French dressmaker and milliner makes specialité of renovations. Materials made up. Moderate.

No. 403.—Experienced dressmaker wants post as fitter in good house in large seaside town. Bournemouth or Southsea preferred.

No. 404.—Lace-making of all sorts taught (Torchon, Bruges, Maltese, Bucks, Honiton, Carrickmacross, &c.). Terms £2 2s. for twelve lessons at own or pupils' residences.

No. 405.—Good dressmaker. Costumes from 10s. 6d. Renovations. Ladies' own materials.

No. 406.—Private dressmaker. Good fit and style. Day dresses from 12s. 6d. Evening gowns from 15s. 6d. Silk blouses (boned linings), 7s. 6d.; plaid blouses from 4s. 6d. Shirts, 2s. 6d. Ladies' materials. (Chelsea.)

No. 407.—Dressmaker (high-class business) wants good dressmaker—with or without connection—to join her. Comfortable home, close to West End.

No. 408.—Ladies' and children's underlinen made, hand or machine. Fine work. Trousseaux and layettes undertaken. Recommended.

No. 409.—Orders solicited for infacts' lovely long silk cloaks, frills, feather-stitched, tucked, and trimmed lace, 21s. Cashmere, 15s. Approval.

ANSWERS TO CORRESPONDENTS.

DRESSMAKER PARTNER WANTED (Mdme. C.).—I have put a notice for you in my Register, and it is possible someone suitable may reply. Of course you will offer and they will require every investigation. For a private reply twelve halfpenny stamps must be enclosed, and a stamped envelope.

GIRL WANTED TO ASSIST SERVANT (A. L.).—I sent you privately the names of various societies which might be of help to you, and I should be glad to hear if you succeed in getting what you want. It is a most difficult thing I fear. I am putting a notice in the Register for you. It may be of use. For a private reply a stamped envelope must be enclosed. Try and remember this another time.

DRESSMAKER (M. E. H., Tonbridge).—Thank you for your courteous letter, and for all your good wishes, which I heartily reciprocate. Your notice will be duly re-inserted.

FRENCH DRESSMAKER AND MILLINER (Mdlle. J.).—I am putting a notice in for you, and I am glad you have had so much success through this Bureau.

INFANTS' CLOAKS (Mrs. P.).—Yes, your notice is quite suitable; I am inserting it for you, as you will see.

WANTED UNDERCLOTHING MADE (J. S. L.).—I sent you the names and addresses of several workers on my Register, and I hope you were able to employ one of them. I should be glad to know your opinion of the work of whomsoever you employ. It is always of so much assistance to me when I am asked for workers.

UNDERWEAR MADE (E. A. G.).—You have my sincere sympathy in your loss and reverses, and I will certainly help you to the best of my ability. I gave your address to one lady, and possibly you may have heard from her. I have looked through your price list; your charges are not especially moderate, but doubtless the work is of the very best kind. I am putting you on my Register, as you will see.

WHOLESALE SKIRT-MAKING (E. H.).—There are only two ways of deciding on prices. One is to reckon by the time the skirts take you to make, and the cost of the etceteras, and the other is to ask at the various wholesale houses and see what seems to be about the usual price paid per dozen. Let me know how you managed and if you find the work fairly remunerative. Many thanks for all your good wishes, which I heartily reciprocate.

DRESSMAKER WANTS WORKING PARTNER (Mdme. M.).—I only answer by post when twelve halfpenny stamps and a stamped envelope are enclosed. I notice that you have a high-class dressmaking business, and you want someone, with or without a connection, who is a good dressmaker to join you and look after the workers. You say you are quite close to the West End. I am putting you on my Register. I will do my best to find you someone suitable.

REPAIRS &c. (A. P.).—Your memory is at fault I fear. You were much disappointed apparently, because I had not sent in a letter of yours to a correspondent. I explained the circumstances, and the impossibility of doing as you asked, in the December issue. With regard to your query about the silk skirt, I should certainly wait till you *do* hear from the lady in question. As you have worked for her before, there is probably some reason for the delay. It is very satisfactory that you have had so many foreign orders. No advertisement is ever re-inserted now unless it is cut out from the Register. If they are sent in I re-insert them; if not, they are, of course, omitted.

GOOD BLOUSEMAKERS WANTED (Miss O.).—I should be glad to know if you found the workers I recommended satisfactory.

(Owing to pressure of space, many Answers are crowded out.)

COUPONS.

Correspondents seeking advice on "Dress," "Health and Beauty," "Employments," &c., must enclose in their letters one or more (according to queries) of the following coupons cut from the current number:—

EMPLOYMENTS.
MARCH, 1906.

DRESS AND HAIRDRESSING.
MARCH, 1906.

HEALTH AND BEAUTY.
MARCH, 1906.

ETIQUETTE.
MARCH, 1906.

COOKERY & HOUSE. MANAGEMENT.
MARCH, 1906.

"Mrs. H. begs to say that the bodice pattern is the greatest possible success. Mrs. H. finds that by Myra's help she can make smart blouses as well as her London Dressmaker."

A NECESSARY WARNING.

So many thousand persons who have taken Capsuloids for their hair have been cured, and, having previously found everything else to fail, have been so delighted that they have freely recommended Capsuloids to their friends.

There are always unscrupulous persons ready to take advantage of any opportunity to profit at the expense of others, and already a number of persons and firms, who have heard those stories of cures by taking Capsuloids, are advertising their preparations as cures for falling hair, and, although they would scarcely know which end of a microscope should be looked through to examine germs, do not hesitate to talk knowingly about the germs in the hair roots. Such people are not only attempting to take something from the Capsuloid Company, but they are also trying to take from the public.

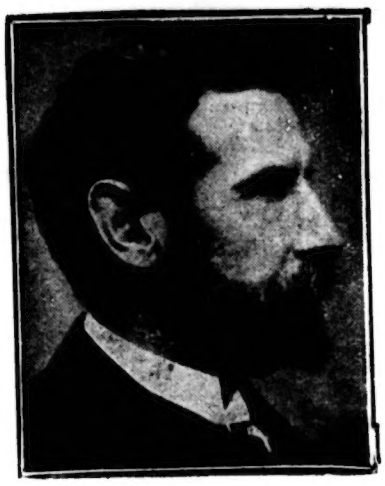
Bear in mind that the general health may be improved by tonics, but if the hair is falling out or prematurely grey, then such remedies are utterly useless as far as the hair is concerned. For to kill the germs, before they have destroyed the hair roots, the only possible method is to rapidly produce new red blood corpuscles; producing them gradually **will not destroy** the germs. The red corpuscles must be **rapidly** produced, and the only remedy which has ever been discovered which will produce them fast enough is Capsuloids.

When the roots are not healthy and strong, or when they are affected by germs, YOUR HAIR will not—indeed, cannot—grow.

THAT IS WHY NOTHING CAN BE ANY GOOD FOR

HAIR WHICH IS FALLING OUT and PREMATURELY GREY EXCEPT CAPSULOIDS

Because the harmful germs which injure the hair can only be gotten at through the blood, and the only remedy which can reach them through the Blood is CAPSULOIDS. It is utterly useless to rub stuff on the scalp, because it cannot get down to the germs. Capsuloids contain nothing which can in any way injure the stomach or any other part of the body.



12, Clifton Road,
London, N.W.

Sirs,—For eight full years my hair was extremely thin on the top; in fact, bald, I may say. Last year, though past fifty, I tried your Capsuloids. In a month or two my hair all grew again on the bald spot, and it remains fairly thatched, though I have not touched a Capsuloid these ten months past.

(Mr.) O. Wolfe Murray, I.C.S.,
Retired.

Fenwick, 180, Willesden Lane,
Brondesbury, London, N.W.

Gentlemen,—I am very pleased to inform you that Capsuloids have done my hair a very great deal of good, in fact, have quite stopped the falling out, which a short time ago was causing me a great deal of anxiety. As you can see from my photo, I have a good head of hair, and it is very thick and glossy. I shall recommend them to all my friends, and you may make use of this statement if you wish.

Faithfully yours,
(Miss) May Woods.

LOOK AT THIS PICTURE OF A GROWING HAIR GREATLY MAGNIFIED, and learn how your hair grows, why it becomes prematurely grey, why it does not grow well, and why it falls out. The whole hair is produced by the multiplication of those growing cells which lie at the bottom and form its root. They rest upon the little blood vessels which carry the blood containing the red corpuscles, from which the cells draw all their nourishment. You can easily see from this picture that when the harmful germs settle in those growing cells and go on multiplying, they will injure the cells, which causes the hair to loosen and fall out or become prematurely grey. If those germs are not checked, they will in time quite destroy the cells, and as the roots would then be dead nothing whatever could be done. You can only kill those germs by quickly making millions of new red blood corpuscles, and the only medicine which will make them rapidly enough is CAPSULOIDS. A look at this scientific picture will enable you to realise that external treatment cannot possibly benefit the hair.

Take Two Capsuloids with each meal, three times daily.

Sold by Chemists everywhere at the reduced price of 2s. 3d. per box, or sent by the CAPSULOID CO., Ltd., 47, Holborn Viaduct, London, E.C. (opposite City Temple). Special Sample given when this coupon is enclosed, and three boxes are ordered from us; larger sample with six. Do not ask your chemist for sample, for he cannot supply it.

COUPON.
Myra's Journal.
March, 1906.

SEND FOR FREE HAIR BOOKLET AND COPY OF THE "LANCET'S" ANALYSIS.

Ladies, Please Note that

CHARMING PHOTOGRAVURES.

Beautifully Executed, and Suitable for Framing.

PRICE ONE SHILLING EACH:—

THE RIVALS. By Maude Goodman. Size 23in. by 15in.
SILENT PERSUASION. By Lady Alma-Tadema. Size 23in. by 15in.
THE MILKMAID. By Greuze. Size 27½in. by 22in.

PRICE SIXPENCE EACH:—

TALLER THAN MOTHER. Size 17in. by 12in. By Maude Goodman.
ENRAPTURED. Size 20in. by 15in.
THE CULPRIT. By E. Manier. Size 16½in. by 12in. A Pretty Child Study.
"PETS." Size 20in. by 15in. A. G. Elsley.
HER HEART SAID "YES." Size 16½in. by 12in. By S. C. Henley.
THE RING. Size 17in. by 14in. By Lady Alma-Tadema.

A MAGNIFICENT PHOTOGRAVURE OF HER MAJESTY, QUEEN ALEXANDRA. Size 15in. by 11in.

PRICE THREEPENCE EACH:—

THE VESTAL VIRGIN. An excellent reproduction of H. Le Roux' well-known work from the Paris Salon. Size 12in. by 9in.
A FRIEND IN NEED. An exquisite reproduction of E. Munier's celebrated picture from the Paris Salon. Size 12in. by 9in.
A START IN LIFE. Size 11½in. by 8in. W. Kappoli.
THE WRECK. Size 9in. by 12in. W. Pratt.
PHŒBE. Size 12½in. by 9in. Madeline Lemaire.
OPPORTUNITY MAKES THE THIEF. Size 12½in. by 9in. P. C. Chocarne-Moreau.
AN UNEXPECTED MEETING. Size 9in. by 12½in. H. Laissement.
WHO ARE YOU? Size 12½in. by 9in. L. Mayet.

These Beautiful Pictures, printed in Photogravure, on thick Plate Paper, can be obtained from

BEETON and CO., Ltd., 10 and 11, Fetter Lane, London, E.C.,

OR SENT SECURELY PACKED BY POST FOR 2D. EXTRA.

The Celebrated **"LOUIS" VELVETEEN**

IN THE NEW CHIFFON FINISH

Is the first and foremost of fabrics for imparting charm and dignity to its fair wearers. Moreover, its rich appearance, light weight, and sterling wearing qualities proclaim it the desideratum for Promenade, Visiting, and At Home Toilettes, while for Children's Dresses it is unsurpassed.

AN IDEAL FABRIC FOR OUTDOOR AND "AT HOME" WEAR.

Rich in Appearance. Wears Well. Inexpensive.

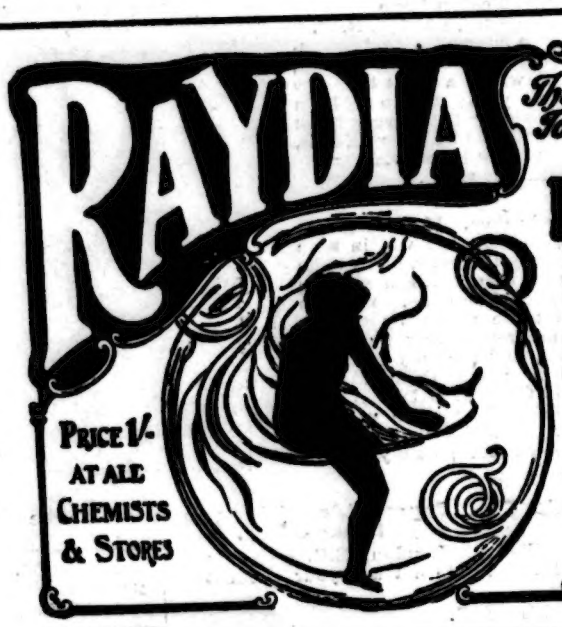
"LOUIS" Velveteen is stamped at the back of every yard with the name "LOUIS," spelled L-O-U-I-S, *and in no other way.*

The New "LOUIS" CHIFFON VEL-DUVET

is one of the most fashionable pile fabrics for entire Costumes manufactured for the present season—for lustre, brilliancy of finish, and softness of texture, this cloth excels all others—its wearing qualities are assured, and the price is reasonable.

Ladies experiencing difficulty in obtaining the "LOUIS" VELVETEEN please write to the Manufacturer, 57, NEWTON STREET, Piccadilly. MANCHESTER, who will give name and address of draper supplying it.

RAYDIA *The New Floral Toilet Antiseptic for the* **BATH.**



A Tablespoonful in the Bath Softens the Water, invigorates the Skin, tones up the system, and gives the Body a Wonderful Feeling of Elasticity.

INVALUABLE FOR LADIES AND THE NURSERY.

PRICE 1/- AT ALL CHEMISTS & STORES

RIVERS HILL & CO BROADSTONE DORSET

Wood-Milne Rubber Heels

YOUR BOOT BILL will drop **33** per cent. if you wear them.

REVOLVING HEEL Co PRESTON.

"MATCHLESS" METAL POLISH

is not one of those foreign importations that set up verdigris and are very dangerous to use. It is an honest British product, containing no Acid, Poison, or Grit, therefore will not turn your metal green. It cleans quickly and produces a brilliancy that lasts.

Sold in tins, 1d., 2d., and 4d. each.

Put up also in liquid form.

"MATCHLESS" METAL POLISH Co., Ltd., LIVERPOOL.

"Larola" Reg. BEETHAM'S

NO MORE CHAPS.
NO MORE ROUGH HANDS.

IS UNEQUALLED FOR PRESERVING

THE SKIN & COMPLEXION

FROM THE EFFECTS OF THE

FROST, COLD WINDS, AND HARD WATER.

IT REMOVES AND PREVENTS ALL

ROUGHNESS, REDNESS, AND CHAPS,

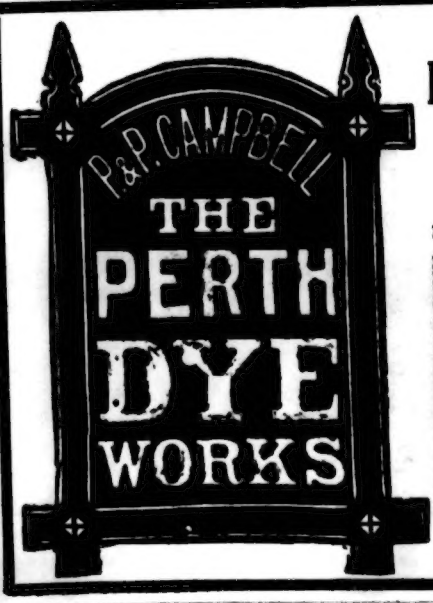
KEEPS THE SKIN

SOFT, SMOOTH, AND WHITE

AT ALL SEASONS.

If used after Cycling, Motoring, Dancing, &c., it will be found DELIGHTFULLY SOOTHING AND REFRESHING.

Bottles, 1/-, 1/9, and 2/6, of all Chemists. M. Beetham & Son, Chemists, Cheltenham.



PATTERNS OF

NEW SPRING SHADES

may be seen and reliable advice obtained at

RECEIVING OFFICES:—

London { 89, New Oxford Street, W.C. 12, Sloane Street, S.W. 168, Queen's Road, W.
Liverpool—36, Bold Street.
Manchester—39, Cross Street.
Birmingham—72, Bull Street.
Wolverhampton—24, Darlington Street.
Bristol—58, Park Street.
Leeds—6, Trinity Street.
Bradford—110, Godwin Street.
Sheffield—64, Church Street.
Hull—32, King Edward Street.
Nottingham—4, King Street.
Newcastle—Claremont Buildings, Barras Bridge.
Edinburgh—19, Waterloo Place.
Glasgow—116, Sauchiehall Street.
Dundee—32, Nethergate.
Aberdeen—168, Union Street.
Perth—23, County Place.

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Printed by Wallbrook & Co., Ltd., 13, 14, and 15, Whitefriars Street, London, E.C., and Published Monthly by Barton & Co., Ltd., 10 and 11, Fetter Lane, London, E.C.